

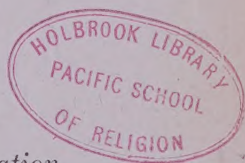
OCTOBER
1941

THE
INTERNATIONAL

STUDENT

OF LIQUOR IN LIFE TODAY

*College
Activities
in Liquor Problem Education*



DELTA
STATE
TEACHERS
COLLEGE

CLEVELAND, MISS.
(See page 10)

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THE INTERNATIONAL STUDENT

OCTOBER, 1941

Vol. XXXIX, No. 1

HARRY S. WARNER, *Editor*

OBJECTIVES FOR 1941-42

SEEK the Truth fearlessly, wherever it may be found, wherever it may lead.

Promote and provide material for study, discussion and instruction on the *Liquor Problems of Today*, making it available especially to colleges and other institutions of higher education.

Cooperate with and encourage faculty members, student leaders and workers among students *in taking leadership* in a new educational movement on these problems in the community and the nation.

Examine—and evaluate—the conventional thinking, assumptions and social customs that give support to alcoholic culture and alcoholism.

Give attention to the social and national welfare aspects of the problem of alcohol, to the *concern that sees beyond self and group* to the health and safety of society.

Aid in the creating of an educational leadership toward solution of the problem in America and the world.

Specifically: Make *easily accessible*, through THE INTERNATIONAL STUDENT and pamphlet publications, the latest and best information to accomplish these purposes.

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College Education

In Alcohol Problems

By RAYMOND E. MENDENHALL

IN OUR LABORATORY WORK in teacher training at Otterbein, each student-teacher is given a rating sheet from which he may obtain a picture of what his supervisors and fellow-students think of his early efforts at teaching. Beginning with the more obvious traits, such as personal appearance, voice, and English, the rating concludes with the reactions of students to the somewhat vague, "better attitudes, ideals, habits."

Recently one of these rating sheets was sent to the principal or superintendent of each teacher then in active service, who had been graduated from the college in the previous eight years. A frank evaluation of the teacher's worth was asked. The returns, when statistically compiled, showed how each of the thirty traits or reactions were correlated with the teaching success of our former students.

Before learning the results the students then in our classes predicted by a rather overwhelming vote, that personal appearance would be the best single index of teaching success. Wrong, for the coefficient of correlation between personal appearance and total teaching success in this test was by far the lowest of all the items, only .31; English at .55 was the next lowest, and topping the list at .87 was the item, "better attitudes, ideals, habits." It seemed to make little difference in the ultimate success of the teacher whether he is a fashion plate or not; it is far from essential that his English should be perfect; but if he is to be a truly great teacher he must be able to build desirable attitudes, to set high ideals, to establish satisfactory habits.

Dr. Mendenhall is Professor of Education at Otterbein College, Westerville, Ohio. This article is condensed from a paper, June 28, at the Conference of the Intercollegiate Association, Washington, D. C.

We who are called professors of education, who claim to know how to teach teachers to teach, are strangely silent about these factors. We devote a few chapters of educational psychology to habits, vapor a little about ideals, and frequently find ourselves unable to maintain the desired attitudes even in our own classrooms. Colleges have effective courses in the technique of imparting knowledge about the languages, sciences, social studies, fine arts, practical arts and the professions. But as educational technicians we are less certain of our ground when it comes to improving attitudes, ideals, and habits.

Knowledge and Conduct

One who is well informed is not necessarily well educated. President Hutchinson's dictum, that the function of education is to teach people to think, is not enough. Information sometimes has its uses, thinking is not necessarily a handicap to successful living, but mere thinking and information will never solve the world's problems. The great end in higher education is desirable performance. Judas had the same opportunity for gaining knowledge as his fellow disciples; in addition he knew the bank balance of the group, but he has no place among the honored alumni of the school that Jesus taught. Aaron Burr was one of the most brilliant students in the history of Princeton, but no shaft has been erected to his memory.

The American state has a right to expect that its universities and colleges will graduate superior citizens. But mere knowledge of chemistry, Latin, agriculture, or economics, does not make its possessor a superior citizen, or fit him to teach and lead. Neither do charming manners, nor appealing personality. In itself, popularity in teaching is not a measure of success; it may, indeed, be an indication of failure. Of what avail is the finest scientific training if the trainee emerges from medical school an alcohol addict, or with the beginning of addiction in him? What profit is popularity, if it has been bought at the price of a blind liberalism that ignores the future of the immature student?

If we are to face the alcohol problem in the American college—and there is an alcohol problem in the colleges—if we

(Continued on Page 23)

Seeking an Understanding

Of the Problem Today

THE CONFERENCE on *Alcohol Problem Education Today*, held in connection with a meeting of the National Council of the Intercollegiate Association, June 28th, was wholly unlike any previously undertaken in the efforts to find solution for the beverage alcohol problems of America, in the opinion of those attending.

Composed of college educators and officials, leaders and students of educational activities on beverage alcohol, it faced the situation of today, the attitudes and influence of thinking people, and the results of recent scientific investigation as related to liquor problem education.

To bring the significant facts to the front, the Conference began with a survey of "The Problem Today: What IS It?" under the leadership of Dr. Gould Wickey, Executive Secretary of the National Council of Church Boards of Education. Following in natural sequence, came "The Influence of Recent Scientific and Psychological Understanding of Alcohol on Efforts toward Education and Solution," with a paper and discussion by Dr. Albion R. King, Cornell College, Mt. Vernon, Iowa; "College Educational Leadership on the Problem," by Professor R. E. Mendenhall, Education, Otterbein College; and "Alcoholic Culture," and "How to Get Thinking People to Think—for Themselves," the whole conference participating.

Major Attention

The basic significance of taking into account the motives that prompt men to drink, especially youth and younger people; the importance of satisfying those needs in natural ways; and the influence of social customs, in starting and continuing liquor habits that lead to intoxication and heavy drinking, were brought out by Dr. King. In discussion it became clear that psychological study has added a wealth of understanding of the effects of alcohol that should be used in education in the future.

Discussing activities in the college, Professor Mendenhall indicated that incidental teaching on the problem finds a natural place in courses in physiology, psychology, biology, economics, history, sociology, political science, physical education and chemistry.

But he made it clear that instruction does not offer a complete solution. "Attitudes are caught rather than taught. Nothing is sinful if 'everyone is doing it.' Here we have the root of our present orgy of social drinking. Style . . . the persistent efforts of the mass to conform to the customs and costumes of the few persons of prestige. Unfortunately many college faculty members have been influenced by propaganda. Subconsciously they have taken it in; they have not turned their critical faculties on this problem."

A REVIEW OF THE DISCUSSIONS

By EDWIN H. MAYNARD

A NEED FOR CLARIFYING the liquor issue in public discussion, for making it stand out what the problem is, was indicated as important by the group of leading educators and authorities who attended the Conference of June 28th. Marked uncertainty now prevails. Much of it may be traced to the unwillingness of influential people to recognize the existence of a problem.

Candid expression of opinion was the feature of the parley. This group of leading thinkers and observers spoke freely, delving widely into educational and scientific experience.

After an opening statement by Harry S. Warner, in which the need for an understanding as to an effective approach to the problem of today was brought out, Dr. Gould Wickey posed the question: "*What is the Basic Alcohol Problem?*"

"Most people thought the problem was settled by repeal," said Dean Lloyd M. Bertholf, of Western Maryland College. "Students and professors don't see as much drinking as some groups and therefore are not conscious of it."

"The lack of consciousness that a liquor problem exists is

Edwin H. Maynard, Cornell College, '38, was college field secretary of the Intercollegiate Association in Iowa and Minnesota, in 1938, and later editorial assistant on *THE INTERNATIONAL STUDENT*. He is in newspaper work at Shippensburg, Pa.

THE ABYSMAL IGNORANCE of the scientific information about alcohol, especially its nature as a psychological drug, and the popular mystery about it, reach into the teacher group. In the usual educational program, when the question comes up in a class in American literature, the teacher will feel no obligation for the problem is handled in another department. It is relegated to a few lessons in physiology and hygiene, where the physiological effects are reviewed, but no adequate study of the relation of alcohol to the mental processes or human motivation is made.

—ALBION ROY KING.

the most formidable obstacle in the path of intelligent education" was the opinion of John H. Shouse, a younger member of the Conference. "People refuse to think. When students and young people think for themselves, we need not worry about their conclusions."

This conviction was echoed by Edwin H. Maynard, recent Mid-West College Secretary of the Association, who stated that he found discussion intelligent and sincere among the students, whenever they gave attention to it, but that the vast majority fail to see any need for discussion at all.

Citing the prestige that has been acquired by drink customs in recent years, Harry S. Warner suggested that it reflects the influence of social leaders and of subtle propaganda on the minds of the many. Professor Howard E. Hamlin, Supervisor of Health and Narcotics, in the Ohio State Department of Education, agreed to the force of social influence, giving examples of prominent educators and churchmen. But from his experience in the Ohio schools he said that children in the elementary grades, and largely youth in high schools, are interested in receiving factual, well prepared scientific teaching on alcohol. It is among the older groups that social influence counteracts the educational approach.

That interest lags among college men was the opinion of President Carl D. Smith, Babson Institute. "They fail to ap-

I DON'T THINK anything worth reading was ever written by anyone who was drunk or even half drunk when he wrote it. This is not morality—it is physiology.

—EUGENE O'NEIL, *Dramatist.*

preciate the relationship between the use of liquor and the problems of life that they will have to face after leaving the campus. They do not realize the extent to which it may affect their possibility of getting a job." He suggested that in these practical applications of the problem "we have fallen down." Professor R. E. Mendenhall, agreeing, emphasized the force of social influence in the home and elsewhere; the "everybody's doing it," and other drives of social pressure.

Dr. Albion R. King pictured the average college student as having a determination to drink and be temperate. "Never has drunkenness been more in bad repute or rebellion against abstinence so nearly 100 per cent," he said. "They do not seem to realize that nobody starts out as a drunkard."

Dr. Ernest H. Cherrington noted an absence on both sides of "a generally accepted definition of what the alcohol problem is." "Our opinions are indefinite. Each one is afraid to speak until he has heard the other fellow's viewpoint."

"You couldn't have said that forty years ago," interposed Dr. Wickey, adding that the field of education has experienced a similar loss in definiteness. Dr. Smith agreed that this had occurred in education and Dr. Mendenhall included the church. Dr. King, referring to the new guidance movement in education, said that in Iowa it gave consideration to the alcohol problem. Dr. Cherrington suggested that in some ways the present situation represents a more healthful viewpoint than the direct clash of earlier periods when dogmatism prevailed.

Summing up the opinions Dr. Wickey pointed out that the program of the Intercollegiate Association might be helpful in the present situation. "The lack of awareness of the problem and the passivity of the home and the church all point to the need of such an educational program. It may awaken a new interest among those who should be concerned."

Colleges Train Teachers

For Liquor Problem Education

A NEW APPRECIATION of the value of high standards in educational activities on the beverage alcohol problem—and in all attempts to solve that problem—is indicated by what has been happening in the summer sessions of various colleges this year. Six colleges in five different states have offered or supervised courses of instruction on the problem with curriculum credit and of regular college standing. A year ago three gave such instruction; the 100 per cent increase marks a clear advance. It means much for the future.

The courses offered were chiefly for teachers and students preparing to teach, for educators and others interested in a better scientific understanding both of the alcohol problem itself and of effective teaching in accord with educational standards of today. The colleges giving the courses included Cornell College, Iowa, the third successive year; New York University, a course offered for the fourth successive year at the Lake Chautauqua Summer Schools; State Teachers College, San Jose, Calif., continuing a successful course of last year; Delta State Teachers College, Miss., a popular new course; and two state colleges of North Dakota, Minot and Valley City.

At **Cornell College** Dean Albion Roy King continued his annual course on Alcoholism, with 3 semester hours credit. In classroom and laboratory research the work included a study of drink motives, psychological action of alcohol, effects on the central nervous system, absorption in the blood, social responsibility and social control. He writes, "We had a very fine group this year."

The **Chautauqua** summer school course, with recognition and two points of credit from **New York University**, began with specific scientific phases and expanded to include the social, economic and historical. It related closely to the definite problems of public safety, health, efficiency, character and the teaching programs of teachers. The instructor, highly expe-

rienced as educator, was Miss Bertha Rachel Palmer, Director of Scientific Temperance Instruction, of the National Woman's Christian Temperance Union. The text, "What Alcohol Is and Does"; enrolled for credit, 28, in a class of 32. "The New York University course in Alcohol Education," said the *Chautauquan Daily*, July 31, "established itself as one of the largest classes, if not the largest class for credit, in the Summer Schools."

At **California State Teachers College**, San Jose, Dr. O. L. Brauer, of the faculty, had a class of 34 for the second summer in Alcohol and Other Narcotics. "It was an enthusiastic class," writes the Professor. "I feel that it is making a name for itself. Such courses are needed by teachers above all others at this time. . . . One of my students was hired for a principalship last summer over a field of eighty applicants because he neither smokes nor drinks. Drinking and smoking among teachers, which was unknown twenty years ago, is now quite common. I look for a strong reaction against it. As a lawyer put it when speaking to me: 'We patrons smoke, drink, and have all the vices, but we will not tolerate these things in you teachers'." The recognized psychological effects of alcohol and the common habit-forming drugs were studied; credit three units.

At **Delta State Teachers College**, Cleveland, Miss., a newly-established course in the summer school quickly became popular. The enrollment for credit was 28, others were admitted. "This course was the most talked of and popular as well as largest class in the summer session . . . the only one that had to be closed to others who wanted to take it." The instructor was John Permenter, State Director of Narcotic Instruction in the Florida State Board of Education. He writes, "young people and teacher-students want to know about the narcotics and are literally begging for such instruction. I believe it would be easy to have a large class in almost any summer school." Physical, psychological, economic, historic and educational aspects of the problem were considered; credit, two quarter hours.

The course was organized by the State Director of Instruction on Narcotics, Department of Education, Miss Winnie Buckles. Dr. W. H. Zeigel, Dean of the faculty at Delta State,



SAN JOSE STATE COLLEGE, CALIF.

—Photo: *San Jose Chamber of Commerce*

writes of the course: "I am sure it will be helpful to teachers in the field. Miss Buckles should be commended for her energy and good judgment in handling the important division of narcotic education." "We hope that courses similar to this can be continued in other colleges next summer," said the State Superintendent of Instruction, J. S. Vandiver, Jackson, Miss. "The teacher training institutions have an excellent opportunity to make valuable contributions to this field. Delta State Teachers College has made a start in the right direction," writes J. A. Travis, Assistant State Agent, Department of Education.

At **Minot State Teachers College**, N. D., 22 registered for credit in the course on Alcohol Education taught by Miss Estelle Bozeman. "We are very well pleased," wrote President C. C. Swain of the college. The instructor "made a fine contribution to our summer session, not only in her class work

but in the influence of her personality on the campus. . . . We shall certainly give the course next summer."

At **Valley City State Teachers College**, N. D., Miss Estelle Bozeman, Instructor, 21 registered for the course, and others as auditors. "After class they hang around for an hour or more," wrote the teacher. "We have ten groups working out projects; . . . we assemble the exhibits with charts made by the class. The President of the college, Dr. Cox, seems to be delighted with the progress." Referring to the papers of students answering why they entered the class, Dr. Cox said: "they tell the facts we need; they will not be doubted when what you and I say would not count."

In general the instruction given and the projects conducted in all of the courses were related definitely to current interests in public health problems, traffic and general safety, personality development, and individual and industrial efficiency. Much attention was given also to the development of teaching projects and methods by which the knowledge gained can be used in the enlarging work of those who are or soon will be teachers and community leaders.

A "MILLION CHRONICS"; OTHER CASUALTIES

While the figures given for insanity, deaths, hospitalization, arrests, and crimes due to alcoholism, are inadequate to serve as the basis for definite conclusions as to the extent of serious alcoholism in the United States, it would appear safe to assume from them that there are at least 200,000 persons in the country whom alcohol has completely mastered, that is, who are chronic alcoholics, or persons who cannot, or will not, control their drinking, and who, as a result, have become serious problems to themselves, to their families, and to the country. It also may be safely assumed that *at any one time there are in the country, 1,000,000 or more persons* who, because of excessive indulgence and special susceptibility, are in danger of becoming chronic alcoholics. It is not possible to make even a reasonable estimate of the number of additional persons who are exposing themselves to accidents, diseases, and social hazards because of overindulgence in alcohol.—DR. LAWRENCE A. KOLB, Assistant Surgeon General, United States Public Health Service, *Qr. Jr. Studies on Alcohol*, Mch., '41, 616.

'Intercollegiate' Activities of a Year

In Colleges and High Schools

By HARRY S. WARNER

General Secretary

THE TIME HAS COME to seek the coöperation of the colleges of the country—both faculty members and students—in educational service and leadership in the alcohol problem to an extent never before undertaken.

This is the conviction, reflected in a letter June 3, from Dr. Charles A. Ellwood, sociologist, of Duke University. "It is of vital importance," wrote Professor S. Ralph Harlow of Smith College, the same week, "that more thought and education be given this growing problem" in its "relation to our educational system."

But the attitude of college teachers today, said President George B. Cutten, Colgate University, "is most discouraging"; "otherwise people of fine influence" their attitude "on that account is all the more disastrous." A college educator, now giving full time to the discussion and teaching of the scientific phases of the problem among teachers colleges and high schools, writes "I am becoming more and more discouraged with the presentation of the alcohol problem to older students. They tell me again and again, 'We have enough facts.' They seem to lack a desire to act upon the facts they have. Yet they want *facts that have meaning*. It seems to me that you are on the right track in your 'Alcohol Pleasure' series" of monographs."

These *up-to-the-minute expressions* from college educators I am using as theme of this year-end report of the New Understanding activities and publications of the INTERCOLLEGIATE ASSOCIATION for 1940-41, and of the principles, approach and program that the Association should consider for 1941-42.

A Conference Like-No-Other

To face freely and frankly the situation of today, especially the thinking and attitudes of college and university communi-

ties and other influential educational groups, as to the Beverage Alcohol Problem of TODAY, the Association called a conference of interested educators, leaders and students of the problem in connection with its Annual Council meeting, June 28, at the close of the year. Held in Washington, it was composed of men vitally interested in analyzing the facts as a basis for a new educational advance and a better understanding of the direction to be taken. It was not planned to "put across" a program already determined upon, but to exchange opinions, gather information of significance and form a picture of the present situation. In this respect, especially, it was decidedly unlike any heretofore undertaken in the general movement to reduce or solve the American liquor problem.

As a conference, not of reformers or the politically inclined, it sought to be scientific and objective. Composed wholly of men with educational background—college officials and professors, a national leader in college religious education, a state board educationalist giving full time to the high schools, and the officers of the Association, young men and those of longest experience. It gave particular attention to the bearing that recently developed scientific, especially psychological, investigation and modern educational theories should have in efforts to reduce and remove alcoholic intoxication and its consequences. Small in numbers, but representative and unified in purpose, it faced effectively some of the most critical phases of the social liquor problem of today.

Under COLLEGE Leadership

As a first attempt of leaders in the new-growing educational approach to the problems of beverage alcohol to examine the situation as it is, and to seek the development of a comprehensive program in harmony with modern educational ideas, it brought out the possibilities and responsibilities that college leadership may well take in educational activities of the future.

To bring the situation immediately to the front, the Conference began with a survey of "The Beverage Alcohol Problem of Today: What IS It?" under the leadership of Dr. Gould Wickey, Executive Secretary of the National Council of Church Boards of Education. Following in natural sequence, was the vital question: "The Influence of Recent Sci-

entific and Psychological Understanding of the Alcohol Problem on Efforts toward Education and Solution," with a paper and discussion by Dr. Albion R. King, Cornell College, Mt. Vernon, Iowa; a paper on "College Educational Leadership on the Problem," by Professor Raymond E. Mendenhall, Education, Otterbein College, and "Alcoholic Culture"; "How to Get Thinking People to Think—for Themselves"; by the group freely participating in the discussion, and the dinner and after-dinner sessions.

Major Attention Today

The basic significance of taking into account the motives that prompt men to drink, especially youth and younger people; the importance of satisfying those needs in natural ways; and the influence of social customs, desire for ease, release, freedom from embarrassment, and in self expression, in starting and continuing habits of liquor pleasure that lead to intoxication and heavy drinking were brought out by Dr. King. In discussion, it was made clear that psychological study has added a wealth of understanding of the effects of alcohol that must be used in educational activities of the future.

Discussing the place of the college in alcohol problem education, Professor Mendenhall indicated that instruction alone does not offer a complete solution. "Attitudes are caught rather than taught." "Nothing is sinful if 'everyone is doing it.' Here we have the root of our present orgy of social drinking. . . . Style . . . the persistent efforts of the mass to conform to the customs and costumes of the few persons of prestige. Unfortunately a great many members of college faculties have been changed by liquor propaganda. Subconsciously they have taken it in. They have not turned their critical faculties on this problem."

Representing the younger conferees Mr. John H. Shouse, Secretary of the Intercollegiate Association, said, "People refuse to think. If students and young people are once made conscious of the problem, if we get them to thinking, we need not worry about what their conclusions will be." This conviction was echoed by Mr. Edwin H. Maynard, recent College Field Secretary. He stated that he found discussion intelligent and sincere, among students, when they gave attention to

it, but that the vast majority fail to see the need for discussion at all.

"Most people believe that the problem of liquor was settled by repeal." "Students and professors do not see as much drinking as other groups and therefore are not made as conscious," said Professor Lloyd M. Bertholf, Dean of Men at Western Maryland College. Harry S. Warner cited the prestige that has been acquired by drink customs in recent years through the influence of social leaders, and the effect of subtle propaganda on the minds of many today. Professor Howard E. Hamlin, Supervisor of Health and Narcotics, in the Ohio State Department of Education, agreed as to the force of social influence, citing examples of prominent educators and church men. From his experience in the Ohio schools he said that children in the elementary grades, and largely youth in high schools, are much interested in receiving factual, well prepared scientific teaching on alcohol.

That interest lags among men of college age was the opinion of President Carl D. Smith, Babson Institute. "They lack an appreciation of the relationship between the use of liquor and the problems of life that they will have to face after leaving the campus. They do not realize the extent to which it may affect their possibility of getting a job." He suggested that in these practical applications of the problem "we have fallen down." Professor Mendenhall, agreeing, emphasized the force of social influence in the home and elsewhere; the "everybody's doing it," and other drives of a social nature. Dr. King pictured the average college student as having a determination to drink and be temperate. "Never," he declared, "has drunkenness been more in bad repute or rebellion against abstinence so nearly 100%. They don't seem to realize that nobody starts out to be a drunkard." Dr. Ernest H. Cherrington noted an absence on both sides of "a generally accepted definition of what the alcohol problem is." "Our opinions are indefinite. Each one is afraid to speak until he has heard the other fellow's viewpoints."

"You couldn't have said that forty years ago," interposed Dr. Wickey, adding that the field of education has experienced the same loss in definiteness. Dr. Smith agreed that this has occurred in education and Professor Mendenhall included the

church. Dr. King, referring to the guidance movement in education, said that in Iowa consideration is given to the alcohol problem. Dr. Cherrington suggested that in some ways the present situation represents a more healthful viewpoint than the direct clash of earlier periods when dogmatism prevailed.

Summing up the opinions, Dr. Wickey pointed out that the program of education of the Intercollegiate Association, might be especially helpful in the present situation. "The lack of awareness of the problem and the passivity of the home and church," he said, "all point to the need of such an educational program. It may call attention to the existence of the problem and awaken a new interest among those who should be concerned."

The Year 1940-41

The Conference of June 28th was a natural outgrowth of the "New Understanding" educational program that the Intercollegiate Association has been conducting during the year 1940-41, and of the policies adopted and promoted by it seven years ago. These policies have been well expressed in the theme, "Seek the Truth, Come Whence it May, Lead Where it Will." In this spirit the Association has been working wholeheartedly and with increasing support and effectiveness in recent years.

Its practical activities, for the college year ending June 30, 1941, have taken form chiefly through: (a) The periodical publication, *THE INTERNATIONAL STUDENT* and (b) the series of "New Understanding," or Alcoholic Pleasure monographs, in which the application of modern psychological research and newer educational methods have been made to the pertinent personal and social results of beverage alcohol as an institution in every-day living. These publications seek to interpret the results of scientific investigation for popular use. They are published partly by the Association, but are given even wider circulation by cooperating agencies. Through their new techniques and educational approaches of a creative character, the Intercollegiate Association and its writers are making an average of 95,000 to 100,000 contacts per month, over 1,500,000 a year, among the leaders and teachers and ministers of young people in college, high school and church school.

"New Understanding" Program

Under the realistic challenge to "Seek the Truth, Lead Where It Will," the Association appeals to instructors and their students in colleges to study the meaning of "alcohol" for themselves; gain a dependable, working knowledge free from the suggestions of interested propaganda, examine the bases of popular current attitudes and practices, and base attitudes on convictions thus founded. It encourages them to take leadership in promoting this approach through the college and the general community. Its long-range, open-minded discussion program includes:

To promote scientific and factual study of the problem of alcohol beverage in life as it is today.

To compile and distribute information on what is being done in and by colleges, universities, and other educational institutions.

To encourage investigation, research, and other educational projects by students, professors, and teachers.

To encourage forum discussion and analysis of the problem, the present situation, and methods toward solution.

To coöperate with colleges, professors, student leaders, high school educators in such educational activities in colleges, the higher schools, the community and the nation.

To place capable young men in positions of leadership as Intercollegiate Secretaries as rapidly as resources permit.

The appeal is to thinking people—to those who want to face the facts for themselves, social, personal, practical, and their implications; to all who wish to base opinion and conduct on a scientific understanding and a comprehensive view of the problem.

To this end the Association has taken steps toward re-writing the basic philosophy of the whole problem of alcoholic enjoyment and of the anti-liquor movement, and to help bring the movement against alcoholism fully into line with the trends of today. It is a very great, perhaps a presumptuous, undertaking; yet it needs to be done, if effective education and practical action among colleges, students and educators are to be expected.

The "Liquor Pleasure" Series

A series of monograph publications, during the past two and one half years, express in high grade pamphlet form a first writing of this new approach. Published by the Methodist Board of Temperance they have been distributed widely among church and educational leaders generally as well as in the intercollegiate field. Their titles are significant, such as:

"Is Liquor the Same Old Question?" "Alcoholic Pleasure: What Is It?" "World Questioning of Alcoholic Pleasure," "Should Social Drink Customs Be Accepted?" "Alcoholic Culture: Should It Be Retained?" "Alcoholic Personality," "The Cult of Illusion."

The International Student

In October, 1939, the Association changed THE INTERNATIONAL STUDENT to the popular "digest size" magazine, made it in part a "digest" magazine, but with special articles, and undertook to extend its circulation. The time was ripe for such advance. There was rich occasion for a non-propagandist, factual, scientific, anti-liquor publication that would appeal to and be used by leaders; one that would give in easily accessible form the latest scientific and practical information on Beverage Alcohol.

Financially it seemed to be impossible to double its circulation, and yet avoid debt. Such publications generally require heavy subsidy, in one form or another.

But, by May, 1940, it had been done. The first magazine of the kind in the anti-liquor movement of America—or the world—has been started. Its circulation was doubled; its income increased three-fold. Its usefulness we hope and believe has been proportionately extended.

THE INTERNATIONAL STUDENT is the only periodical publication on the liquor problem in the United States edited especially for students, teachers and colleges. There is one in Sweden, where temperance education is more highly advanced, probably, than anywhere else in the world. It is a high grade publication, with indirect government support; but none elsewhere in America or Europe.

It circulates among the leaders and workers with college students, their organizations and coöperating faculty mem-

bers, libraries and reading rooms. It is sent, as a part of the regular work of the Association, to interested leaders, Christian Association secretaries and student officers; Foundation directors, reading rooms and others interested. For three years the Methodist Board of Temperance has provided gift subscriptions for Methodist Foundations in state colleges and universities, and for the libraries of Methodist-related colleges. If other denominational interests would do as much, a great need could be more adequately satisfied, for such an educational, highly-specialized publication is not otherwise possible, except by Intercollegiate coöperation.

For sixteen years the *STUDENT* has been sent by the Association, as a part of its program to the college, university, teachers college, and junior college libraries in the United States, 1,445 of them. Also, to colleges and universities in Canada, Great Britain, and other English speaking countries; to many in Europe, especially the Scandinavian countries; and to the leaders of educational, student and youth temperance societies in all countries. In return the Association receives valuable publications, reports and information of temperance educational activities in other countries.

By the coöperation of others with the Intercollegiate Association, the *STUDENT* has been made available, to high schools throughout the United States; it now goes regularly to 5,404 including high schools in every state and the District of Columbia.

(1) It is sent through the school year to the High Schools of forty-six states—to those in cities of 2,500 population and over—as a service of education by the Methodist Board of Temperance—a total of 4,360 High School libraries each month.

(2) In Michigan, a representative of the Association, Reverend Henry C. Jacobs, raises the fund necessary to send the *STUDENT* as a gift to 789 high schools of Michigan; he has kept it going regularly for four years.

(3) For four years the high schools of the District of Columbia have been receiving it as a gift of the Woman's Christian Temperance Union of the District.

(4) In Montana a state temperance agency, related to the

department of education, is providing it monthly for each of the 225 high schools of that state.

1,000 College Deans

During the past year 800 deans in 625 or more colleges have received *THE INTERNATIONAL STUDENT* as a gift subscription from Professor Irving Fisher of Yale University. They are the deans of students, deans of men, and deans of women, those college officials most closely associated with student interests and personnel. This gift by Professor Fisher encouraged others to join with him in this project so that the total number of deans to receive the magazine is now 1,024.

A Community Leadership project in the New Educational Approach of the Association has been made by the Reverend Joseph O. Todd, of Worcester, Mass., who furnishes the *STUDENT* to the ministers of all denominations, the student and educational leaders and libraries of the colleges of the six New England states.

College Educators Should Lead

Over and over it is said that advance toward solution of the liquor problem today must be by the educational route. If so, why should it not come from and through those who know what education is, who understand its processes, and the conflicting interests of such a social problem? Why not, through those who, more than any other group have access to the scientific material, the trained personnel, the skill and experience by which such a program may most effectively be conducted?

The very complexity of the liquor problem is enough to challenge the keenest minds of any country. In alcoholic drink there are satisfactions and assumed satisfactions that are as far-reaching and forceful as they are contradictory. Its effects on personality, the question of its economic profits, the social consequences of the custom, make it an outstanding subject of controversy that calls for careful analysis and discriminating study. Yet, too often it has been left to the reformer. That can now no longer be done. To meet the present and after-war situation, a vastly more comprehensive program than one of reform is imperative. All the sources that make liquor

prominent in the life of a nation must be included in its objectives.

Such work is the work of educators, of those in our colleges who understand that education has to do not only with the mind, but with the motives, attitudes and emotions that dominate life—and thinking—as well. College Educators, as no other, are in position to render these services:

1. Make Liquor Problem Education CONSTRUCTIVE. Teach youth and society to obtain *by natural means* the satisfaction of those needs and “inner urges” that, from savage days, man has found in the varying degrees of intoxication. Basic needs for ease and comfort, emotional expression, freedom from restraint and frustration have been, and are short-circuited, mis-directed and grossly defrauded by narcotic sensations. These basic social facts should not be overlooked in educational efforts of the future. But to develop normal, healthful attitudes and habits of expression is more vital in education than to suppress the mis-directed and the abnormal. The broad educational program that includes this emphasis is one, preeminently, for leadership by college educators.

2. Renew study of the whole question. To do this will require the services of the psychologist, the physiologist, the economist, the historian, the teachers of civics and philosophy; most of all, of those who relate these separate studies to life as it is found in every day living.

3. Lead in the formation of customs. The force of imitation in creating, approving and continuing the social attitudes and standards that tend to strengthen or weaken personal and group ability of self-control, should be better investigated and more widely taught. If, as has been said, 5 per cent of the people of the country lead the thinking, 30 per cent intelligently agree and 65 per cent follow in mass-formation, the responsibility of the 5 per cent for the popularity and approval of current drinking practices is well-nigh overwhelming as to direction to be taken.

4. A new type of community education and leadership on the liquor problem may well be expected from the colleges today. Forum-discussion brings together those who have a contribution to make in scientific understanding, experience or

philosophy of life. Open-minded discussion may constitute a most effective educational program. It is a service that college people, faculty members, student leaders and alumni are especially qualified to give. The service that such an approach may render toward the liquor problem of today knows no limit.

Clearly the time has come for those who have confidence in the educational approach to express themselves. It is for them to initiate activities fitted to the recent developments in research and educational theory, and to utilize this basic method more than it ever has been utilized in the past. Whatever the method of social control, present or future, this slump in public education on the meaning of alcoholic intoxication in human life must be remedied. It is the most vital step now to be taken.

COLLEGE EDUCATION

In Alcohol Problems

(Continued from Page 4)

are to seek for our leaders of the coming generation, a soundly based attitude toward the whole problem of alcoholic intoxication in life and society, we must employ tools more potent than information. Correct information is necessary, it is true, to counteract the deluge of mis-information with which every student is flooded, but it should be such as to eventuate in belief and action.

Educational courses on the alcohol problem do not offer a complete solution. If made elective in college they will not be taken by those who need them most; if required, the requirement itself will precondition the student against the acceptance of the material offered as a basis for his actual practice.

Attitudes Caught, Not Taught

Attitudes are caught rather than taught. Mankind seems to rejoice in conformity. He wants to be in style and will trade his immortal soul for social approbation. Life is sacrificed on the altar of respectability. People will go to war in an unjust cause when "it is the thing to do." Nothing is sinful if "everybody's doing it." Here is the root of our present orgy of social drinking. During the days of prohibition a clever propaganda, designed to break down law enforcement, made it the popular

thing to drink. One was old-fashioned, out of style, if he did not, and who wants to be old-fashioned?

Style is a curious phenomenon of social psychology. It consists of the persistent efforts of the mass to conform to the customs and costumes of the few persons of prestige who, in turn, make frantic efforts to differentiate themselves from the masses. This gives us the merry-go-round of fashion. Let us not forget that word, prestige. Some people have it, more lack it. Prestige makes a leader, but it is not easy to say just what it is that makes prestige. One who has prestige will utter a platitude, and it will be hailed as a gem of wisdom; one who lacks prestige may utter a profoundly wise observation, and will be lightly passed by, even by erudite groups.

Utilizing Prestige

The wise teacher finds out which students have prestige and makes use of them. He tries to win them to his ideals and attitudes. If he wins the leaders, the group will follow. If he can not win the leaders he is faced with the necessity of creating prestige for those students who have the attitudes and ideals which he wishes the group to adopt.

Who has prestige on the campus? The person of whom the students hear frequently and favorably. The person who carries tangible public endorsement. The person whose name, picture and corpus are frequently seen in public places. The person who can do favors. The president of the student council, the leader of fraternity or sorority, or dramatics. If scholarship has any real prominence students will have a tolerant and grudging prestige. The editor of the campus paper and the college comedian are prominent and will have their following.

Some college teachers have prestige with students; something which sets them apart. Elected to public office, national official of learned society, wrote a book—which may or may not have been read, highest salary on the campus, married to a rich wife, lives in a superior home.

Attitudes must be built through either persistence or prestige. Prestige is the easier method.

On the ordinary campus the person with the greatest prestige is the athletic coach. The more successful his teams the

more he will be copied. How foolish is the college which hires a roughneck for its coach! The college which has a successful coach, professionally and personally alive to the evils of alcohol, has gone far on the road to the solution of its alcohol problem. If its dramatic coach and the other members of the faculty also are abstainers from conviction, and not from compulsion, and are friendly toward their students, *the weight of the college will be against drinking.*

President and Trustees

The first responsibility of the college, in this field, lies with the trustees who select the president. It is not enough that he be an abstainer; he should have a Quaker "concern" about the subject. He should be looking forward, decades hence, to a sober alumni body. He should be as vitally concerned for the welfare of his students as he is for the status of the endowment funds. Such a president can make remarkable changes within three or four years.

Since faculties cannot be altered as to personnel overnight, the administrator will face the problem of *changing the attitudes of those instructors whom he has on hand.* A decisive declaration and continued reminder of the presidential position will have considerable effect. If the abstemious professor or the professor who shows a real interest in the problem secures the best increases and promotions, it will have a much greater effect. It is a curious thing that five hundred dollars added to a teacher's salary makes him a much more important person in the eyes of his students than he was the day before he got the increase.

Faculty Approach

Many members of college faculties have been deeply affected by the diverse forms of liquor propaganda. Subconsciously they have taken it in. They have not turned their critical faculties on the problem. Most of them are not aware of the deliberate attempts which the liquor trade has made to soft-pedal the facts in their various areas which are adverse to the personal or social use of alcoholic beverages. More often they are actuated by ignorance or negligence than by any adverse attitude. The great majority of college teachers are miss-

ing opportunities to present the alcohol problem in its true light.

Incidental teaching on the liquor problem could and should be done in the majority of the areas within the liberal arts college. Physiology, psychology, biology, economics, history, sociology, political science, physical education, education, and chemistry all offer splendid opportunities. In our local high school, with a student teacher in charge of the class, we discovered that the textbook in American History used, treated the history of prohibition from a viewpoint which was dominated by the propaganda of the Association Opposed to the Eighteenth Amendment, thinly covered by a desire to be fair to both sides. The propaganda was demonstrably false, yet it was taught as authentic history.

If we are ever to solve the problem in and through the colleges we must first have presidents, professors, coaches and student heroes who are personally "dry," and then show that it pays to be dry. We must surround the student with an atmosphere in which the truth about alcohol and its effect on the human system and in human society are incidentally but effectually taught in almost every department.

Assemble Educational Material

Obviously our first problem is to reach the faculty. We need a collection of the facts in regard to alcohol within each of the teaching areas, a collection which can be placed in the hands of the teacher and which will win and hold his respect. We need, then, a directive force which will keep his mind aware of the problem and which will induce him to make use of his material.

Committees should be formed within each teaching area to do or to direct the necessary research or the collection of bibliography in that area. These materials should be authenticated to such a degree that they would gain respect. They should be so condensed that they would be read and used. If such materials could be placed in the hands of all our college instructors, and if the higher authorities would encourage their use, we should make great strides toward the accomplishment of our objective.

We suggest that one faculty member in each college be made

a special committee of one to stimulate the use of the materials.

When we have attained an informed and encouraged faculty, an elective course in the field would no doubt get many interested members, and would be useful for the training of leaders, but until we can have that general atmosphere of universal though incidental interest in the problem, special courses can not be satisfactorily efficient.

Our ideal is a natural, scientific knowledge and a social prestige which begets temperate or abstemious attitudes which will, in time, become established traditions of the campus.

A Factor in Traffic Accidents

Conclusions by DONALD S. BERRY

Secretary, Committee on Tests for Intoxication
of the National Safety Council

UNTIL RESULTS of additional studies are available, the following are the only conclusions which can be presented:

1. No one can say exactly how many motor vehicle accidents are due to alcohol, because most accidents have a combination of several causes, and because few accidents are investigated carefully enough to determine exactly to what extent each circumstance contributed to the accidents.

2. Official reports show that in 1 out of every 5 fatal accidents during 1939, a driver or a pedestrian was reported as having been drinking. One in every 7 pedestrians and 1 in every 9 drivers were reported as drinking prior to becoming involved in fatal accidents.

3. Much of the variation in figures reported by different states is due to differences in methods used in reporting drinking as a factor in accidents. Some of it is due also to differences in completeness of reported information.

4. The frequency of reported drinking on the part of drivers and pedestrians is much higher at night and over weekends. Special studies of official accident reports indicate that

Quarterly Journal of Studies on Alcohol, I: 413, December, 1940.

about 1 in every 3 fatal accidents at night involves reported drinking on the part of a driver or pedestrian.

5. Drinking on the part of drivers and pedestrians is reported somewhat more frequently for accidents occurring in rural areas than for those occurring in urban areas.

6. A collision between 2 or more vehicles is the predominant type of accident involving a drinking or intoxicated driver. In such accidents, the drinking driver usually is guilty of a driving error while the non-drinking driver is rarely at fault, indicating that alcohol is an important primary factor contributing to the accident.

7. Accident surveys employing chemical tests of body fluids indicate that officially reported figures, high as they are, may understate the true importance of alcohol as a contributing cause of traffic accidents. Available studies indicate that at least a third of the drivers and pedestrians tested, after being injured or killed in accidents, had sufficient alcohol in their systems to impair the ability of the average person to drive or walk properly.

8. Results of a special study made in Evanston, Illinois, indicate that drivers with more than 0.15 per cent of alcohol in their blood are 55 times more likely to be involved in a personal injury accident than drivers with no alcohol.

9. More accident surveys involving chemical tests are needed, not only of the special study type, but also in connection with routine police accident investigations.

HOW MANY ACCIDENTS?

Every day 90 persons are killed in the United States in automobile accidents; 3,150 more are injured, 247 of whom are crippled or scarred for life. The total cost of these accidents is estimated at 1½ billion dollars annually. How much of this great loss of life and happiness should be blamed on the use of alcoholic beverages? Estimates and reports vary greatly. Judge Harry H. Porter of the Municipal Court of Evanston, Illinois, and Chairman of the National Safety Council Committee on Tests for Intoxication gives his opinion that alcohol is involved in 60 per cent of our highway accidents.—*The Alcohol Problem Visualized*, 29-40, The National Forum, Chicago.

The Toxic Urge in Daily Living

*Seek the Truth
Come Whence It May
Lead Where It Will*

Chief Health Problem

ALCOHOLISM is the greatest health problem at the present time which is not being systematically attacked.—DR. WINFRED OVERHOLSER, Superintendent, St. Elizabeth Hospital, Washington, D. C.

o o

Finding New Markets

One of the finest things that could have happened to the Brewing Industry was the insistence of high ranking officers to make beer available at Army Camps. . . .

The opportunity presented to the Brewing Industry by this measure is so obvious that it is superfluous to go into it in detail. . . .

Here is a chance for brewers to cultivate a taste for beer in millions of young men who will eventually constitute the largest beer consuming section of our population.

The present conscripted army is the jealously guarded pride and joy of the entire nation.—From an editorial, *Brewers Digest*, May, 1941.

o o

They Prosper

After July 1, Minneapolis will have no daily newspaper carrying liquor advertising. Several years ago there were three newspapers in this city, the *Star*, the *Journal* and the *Tribune*. The Cowles people of Des Moines, Iowa, bought the *Star*. They refused all liquor and beer advertising. The circulation began to grow. Then they bought or merged with the *Journal*, and the paper became known as the *Star-Journal*, and all liquor advertising that had been carried by the *Journal* was eliminated. The paper forged to the front and the circulation increased.—HERBERT H. PARISH, Ex. Dir. Minn. Temperance Movement, June, 1941.

Seeking Restraint in Sweden

That the quantity of spirits a purchaser may be permitted to have shall be reduced; that he shall be subject to stricter control based on his economic condition; that no permit to purchase spirits shall be issued hereafter to persons under twenty-five years of age; that the maximum amount served in restaurants shall be reduced one-third; and that the beer trade shall be regulated without delay, are demands for improvement brought to the Riksdag in Sweden by a report of the Department of Social Affairs this year. In spite of factors now tending to limit the use of alcohol, education, the attitude of workers' and sports' movements, facilities for entertainment such as radio and cinema, legislative restrictions, and taxes on alcoholic beverages, the habit is so rooted as to make Sweden one of the largest liquor-consuming countries of the world.—ROBERT HERCOD, *Bulletin*, Lausanne, Switz., April 21, '41.

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"Let's Fight Back"

We have tacitly agreed that we are a tainted industry because we are not permitted within certain areas of churches and school houses. We have never hit back at our tormentors because we have given unspoken agreement to their attacks. We have never shown these legislators, these publications, our teeth. They have never been given any reason to think that we too can fight back. . . .

If it is true that we are in a class with prostitution, if it's true that we are a menace to the nation's defense, if it's true that we are a danger to the youth of the nation, if we are all that these restrictive regulations imply we are, and the dries brazenly say we are, then it's time for us to get out.—*Beverage Retailer Weekly*, New York, May 26, '41.

° °

Less Drinking in Italy

In Italy there are signs that indicate a steady decrease in the consumption of alcoholic beverages. The production of wine in 1940 was 27,000,000 hectolitres, as compared with a consumption of 50 to 60 million between 1910 and 1920. The middle and lower classes drink less every year; the younger generation is particularly free from the habit.—*Bulletin*, International Bureau Against Alcoholism, Jan. 1, '41.

BY AND BY I DISCOVERED that there was no kick at all in one cocktail. One cocktail left me dead. There was no glow, no laughter, no tickle. Two or three cocktails were required to produce the original effect of one. And I wanted that effect.

—JACK LONDON, *John Barleycorn*, 273.

RECENT BOOKS OF MERIT

WHAT PRICE ALCOHOL? by Robert S. Carroll, M.D. Preface by Adolf Meyer, M.D. A recent survey of the latest scientific understanding of the problem of alcoholism; re-orientes the cause and treatment of alcoholism among the privileged classes. 1941, 362 pages, \$3.00. The Macmillan Co., 60 Fifth Ave., New York, N. Y.

THE ALCOHOL PROBLEM VISUALIZED by the Editorial Committee of the National Forum. "Visualized" is its distinctive characteristic—vivid, dramatic, highly illustrated, yet scientific, objective, factual. The most important facts, findings, and figures of specialists. Second edition, 1940; 96 pages; 75 cents. The National Forum, 417 S. Dearborn St., Chicago, Ill.

ALCOHOL AND MAN, Haven Emerson, M.D., Editor. Sixteen chapters by leading scientists; a comprehensive survey of scientific information and opinion on physiological, psychological, chemical, health, and related phases. 1932, 451 pages, \$3.00. Macmillan Co., New York, N. Y.

WHAT ABOUT ALCOHOL? by Emil Bogen, M.D., and L. W. S. Hisey. An attractive volume giving in 17 brief chapters, the latest scientific information adapted to high school levels; especially useful to teachers and students. 1939, 94 pages, \$1.50. Angelus Press, 1240 S. Main St., Los Angeles, Calif.

A SYLLABUS IN ALCOHOL EDUCATION by Bertha Rachel Palmer. A compact and complete digest of latest scientific information. Sixth Edition. Completely revised, 1941; 25 cents; \$2.25 per dozen. National W. C. T. U. Publishing House, Evanston, Ill.

ALCOHOL AND TRAFFIC, by Samuel R. Gerber, M.D. A factual, scientific and authoritative discussion of the influence of alcohol in highway traffic; based on experience as Coroner at Cleveland, Ohio. Charts and graphs, 64 pages, 40 cents. Better Book Press, Sta. B., Columbus, Ohio.

Results of a special study, recently made in Evanston, Illinois, indicated that drivers with more than 0.15 per cent of alcohol in their blood are 55 times more liable to be involved in personal injury accidents than drivers with no alcohol.—National Safety Council Committee on Tests for Intoxication, 1939 *Report*.

"New Understanding" Monographs

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- "World Questioning of Alcoholic Pleasure."
- "Should Social Drink Customs be Accepted?"
- "Alcoholic Culture: Should It be Retained?"
- "Social Consequences of Alcoholic Desire."
- "Is Liquor the Same Old Question?"
- "Alcoholic Release and Expression."
- "Alcoholic Pleasure and Public Safety."
- "Alcoholic Release and Public Disorder."
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- "The Cult of Illusion."

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A survey of American attitudes during the past forty years in college communities. 48 pages; 25 cents.

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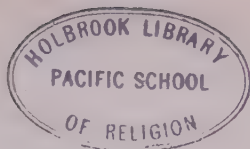
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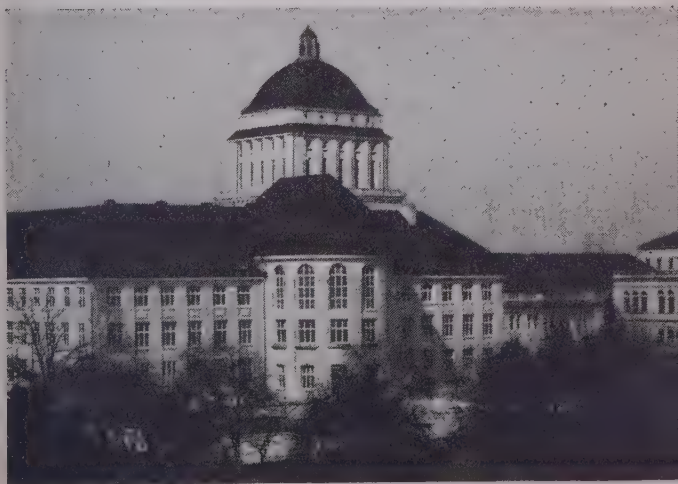


STUDENT

OF LIQUOR IN LIFE TODAY

In This Number . . .

EDGAR ALLAN POE,
A Study in Drink Motives
NON-DRINKERS HAPPIER
TOXIC URGE IN DAILY LIFE



democracy
something
eper than
berty; it is
responsibility"

UNIVERSITY OF ZURICH, SWITZERLAND
(See page 47)

THE INTERNATIONAL STUDENT

NOVEMBER, 1941

Vol. XXXIX, No. 2

HARRY S. WARNER, *Editor*

A Natural Alternative

To the Escape Mechanism

WE MUST GIVE THIS COUNTRY such great tasks toward reconstruction of the world that there will be no time for drink. You can make America sober only when you give all Americans such a huge task for reviving the world that the people will say they have no time to waste on the thing called liquor. Only the weak drink. Men who have resources within never try to bolster themselves up with a bottle. Liquor is always an escape mechanism.

—E. STANLEY JONES.

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Edgar Allan Poe

A Study in the Motives to Drink

By ALBION ROY KING

THE TEACHER who wants to fortify his students against a very common fallacy (and that is one main purpose of education) can find interesting material in the case of Edgar Allan Poe. The name of that peculiar genius will commonly evoke from a group of American students the inference that he was able to perform his unmatched feats of imaginative and dark-mooded writing because of the subtle influence of alcohol. This is a case of the *post hoc ergo propter hoc* fallacy. When two things occur together, especially where both are so vivid as a mysterious drug like alcohol and high artistic genius, the tendency of thought is to connect the two as causally related. Such thinking is the source of most popular superstitions, and no class of superstitions is more popular than those which cluster around the use of the psychological drugs like alcohol.

Hervey Allen, author of the definitive biography of Poe (*Israfel*, 1927), has thoroughly investigated the sources of Poe's poetic inspiration, and finds not one of them "in a bottle," but all in the drier climate of a thoroughgoing and painstaking scholarship. He dispels the myth that Poe wrote his poems in sudden flights of inspiration. One such myth was circulated about the composition of the poem "Bells." According to this story, Poe wrote the poem on a Sunday afternoon when suffering from one of his periodic breakdowns from drink and was being cared for in the home of a friend. The ringing of bells in a neighboring church led his nurse to suggest a poem on bells and she brought him pen and paper. A two-stanza version of the poem was circulated to which Poe

Professor Albion Roy King is Dean of Men at Cornell College, Mount Vernon, Iowa.

had fixed the name of that lady. But the discovery of a series of notebooks which date back to Poe's student days reveals that the subject of bells had long been under investigation and meditation by the poet. An early clipping from a literary journal reveals the source of the word *tintinnabulation* which appears in the first stanza of the final version of the poem, and which has long been thought to be an invention of the poet for rhythmic effect. Pliny records that bells were known in Rome long before his time and were called *tintinnabula*. Such historical and linguistic scholarship is the dry source of Poe's genius.

A Study in Motivation

More important than a drill in logical fallacies is the study of motivation which the life of this unhappy genius affords, for this is an angle on the alcohol problem which much needs to be investigated and popularly understood.

Poe was a literary critic with an acute sense of values and a fearlessly sharp pen. The result was an uncommon number of literary enemies, to say nothing of the multitudes who in an age of low culture failed to appreciate him. Writers whose names would be unknown, except for their opinions about Poe, compensated for their own failures by attacking him as a man without conscience or honor, and his poetry as the work of a drink-disordered mind.

The poet's life from beginning to untimely end was a nightmare of misery, misunderstanding, poverty, and profitless loyalty to his literary ideals and pursuits. And the truth about his creative labors was obscured also by the ardor of the friends who came to his defense, not only by praising the greatness of his spirit and achievement, but by explaining his weaknesses as the unfortunate result of his addiction to the bottle. Even these reports are mostly of the second hand sort and show the unmistakable embellishments of popular imagination whenever the drinking foibles of others are being described. Consider the following statement from N. P. Willis, a New York publisher for whom Poe worked:

"Some four or five years since, when editing a daily paper in this city, Mr. Poe was employed by us, for several months, as critic and sub-editor. This was our first personal acquaint-

That Five Per Cent

In Quality

THE JOY OF LIFE depends, for me, vitally upon being in full command of myself. Alcohol deprives those who use it of the possession of themselves. It dulls the keen edge of intellectual power. Personally, I feel the need of the utmost abilities I can possess in order to achieve the final five or ten per cent of quality in my work which so often makes the difference between failure and success.

—HORNELL HART, Professor of Sociology,
Duke University.

ance with him. He resided with his wife and mother at Fordham, a few miles out of town, but was at his desk in the office from nine in the morning till the evening paper went to press. With the highest admiration for his genius, and a willingness to let it atone for more than ordinary irregularity, we were led by common report to expect a very capricious attention to his duties, and occasionally a scene of violence and difficulty. Time went on, however, and he was invariably punctual and industrious. With his pale, beautiful, and intellectual face, as a reminder of what genius was in him, it was impossible, of course, not to treat him always with deferential courtesy, and, to our occasional request that he would not probe too deep in a criticism, or that he would erase a passage colored too highly with his resentments against society and mankind, he readily and courteously assented—far more yielding than most men, we thought, on points so excusably sensitive. . . . Through all this considerable period, we had seen but one presentment of the man—a quiet, patient, industrious, and most gentlemanly person, commanding the utmost respect and good feeling by his unvarying deportment and ability. . . . He frequently called on us afterward at our place of business, and we met him often in the street—invariably the same sad-mannered,

winning, and refined gentleman, such as we had always known him. It was by rumor only, up to the day of his death, that we knew of any other development of manner or character. We heard, from one who knew him well (what should be stated in all mention of his lamentable irregularities), that, with a single glass of wine, his whole nature was reversed, the demon became uppermost, and, though none of the usual signs of intoxication were visible, his will was palpably insane. Possessing his reasoning faculties in excited activity, at such times, and seeking his acquaintances with his wonted look and memory, he easily seemed personating only another phase of his natural character, and was accused, accordingly, of insulting arrogance and bad-heartedness. In this reversed character, we repeat, it was never our chance to see him. We know it from hearsay."

Hearsay and Fact

Mr. Willis was trying to present Poe in this essay as a man who was "inhabited by both a devil and an angel." But Mr. Willis, to be sure, knows only the angel. The devil is the creation of popular gossip and the calumny of Poe's literary enemies.

And the distortion is evident enough in the above quotation. The phrase "possessing his reasoning faculties in excited activity" does not tally with any experimental evidence or scientific observation of alcoholic effects today. It is a little strange, if it were true of Poe, that it cannot be reproduced under laboratory conditions. Even Poe's undoubted genius will hardly serve to explain the discrepancy between this report and the results of careful study. The fact is that the *emotional impulses* under the influence of alcohol may show excited activity in an environment where the stimuli of convivial company arouse them, but this is very different from saying that *reasoning* faculties are excited, if by that is meant that they are in any way improved. All test results show that the measurable activities of the mind and its responses are slowed and interfered with by the narcosis of alcohol.

And it is in all probability an exaggeration to say that a single glass of wine deranged his whole nature and made him

(Continued on Page 52)

Finds Non-Drinkers Happier Than Drinkers

THAT AMONG YOUNG PEOPLE between the ages of seventeen and thirty, those who do not use alcoholic beverages are more optimistic and happy than those who drink, is one, among other interesting conclusions of an extended psychological study by Dr. Theodore F. Lentz, of the Character Institute, Washington University, St. Louis, Missouri.

Other constructive conclusions of the study are that non-drinkers also are better adjusted socially and emotionally to their every-day life, more unselfish, and less materialistic.

The report of the survey was made at a session of the American Psychological Association, at Chicago, September 6. It was based on a study by Dr. Lentz, of the personality traits of 780 young persons, 95 per cent of whom were between the ages of seventeen and thirty, all of whom had at least a high school education, and whose median education was the equivalent of two years of college. Residents of all parts of the country and about equal numbers of both sexes were included.

Designed as a study of human motivation it took the use and desire for alcoholic beverages as a basis. As stated it attempted "to throw light upon motivation, which must necessarily be highly related to predisposition. Furthermore, it is concerned, statistically and experimentally, with the personality of the drinker before he became a chronic alcoholic, if ever, whereas most previous research has dealt with the physiology, or the psychological aspects not so directly connected with the personality, of the chronic drinker.

"What magnetic attraction inheres in the glass that sparkles? Is it or is it not truly the glass that cheers? Why do millions imbibe? Why do millions abstain? Motivation remains still, perhaps, the most profound mystery which human intelligence has perceived."

"Personality Correlates of Alcoholic Beverage Consumption," by Theo. F. Lentz et al, Character Research Institute, Washington University, St. Louis, Mo.

In his summary and conclusion, Dr. Lentz says: "Drinking, a phenomenon of very considerable economic importance and of very wide social significance, is proposed as a worthwhile field for the study of motivation. The field is virgin. . . . A simple correlational approach is suggested and reported. One hundred self-declared moderate and occasional drinkers were contrasted with two hundred self-declared total abstainers. These groups were studied for percentage reactions to each of 1,565 items. . . ."

"The content of the drinker-nondrinker differences can be summarized as follows. In contrast to the teetotalers, the drinkers are:

1. More inclined to smoke and drink coffee;
2. More liberal, apparently, except with respect to the participation of women in non-domestic affairs;
3. Less optimistic and less happy, being more inclined to moodiness.
4. More maladjusted socially and emotionally. Some of these maladjustments refer to conditions prior to the age at which they might reasonably be expected to have started drinking;
5. More tolerant of breaches of generally accepted moral conduct.
6. More international, except with respect to race prejudice;
7. More materialistic and selfish;
8. More impulsive and affectionate, according to their own estimate;
9. More interested in the opposite sex;
10. More interested in adventurous and active recreational activities than in prosaic pursuits;
11. Less favorably inclined towards churches and religious activities;
12. More militaristic."

Dr. Lentz recognizes certain limitations in the study and gives suggestions for their correction in studies that may follow. He adds, "The psychology of such a broad phenomenon as alcoholic beverage consumption can be successfully attacked with even such blunt tools as are now at our disposal. The contrast method is an easy approach to such study."

THIS IS A TIME when the college student should think straight and individually on the question of drink . . . beyond social customs, through skillful advertising, past temporary flight, face the facts. If he has problems he must meet and solve them, not run away from them. If he is having a good time, he should be in a condition to appreciate it and enjoy it.

—GEORGE B. CUTTEN, President, Colgate University.

Education to Cope With Aftermath

By **HOMER P. RAINEY**
President, University of Texas

A CERTAIN TYPE of mosquito carries malaria germs, so avoid mosquitoes.

Typhoid fever may be contracted by drinking polluted water, so be careful to drink pure water.

Smallpox is a terrible disease but it can be prevented by vaccination.

These are facts that every grammar grade child knows and takes seriously. Scientific education, presented through an intensified program in the schools, sees to it that youthful America is forewarned against the causes of many illnesses, with the result that a high standard of health is maintained. Malaria, typhoid, smallpox and other diseases are recognized as results of germs that boys and girls can avoid by applying the common-sense information they have learned in the classroom.

Why not the same type of education about alcohol?

Health, social service and safety are being continually confronted by the effect of alcohol on the minds of young people of today. . . . If we are going to cope with the aftermath and effects that alcohol affords to the minds and character of young people, we must stress the importance of adopting a basic educational program.

Graduated Withdrawal

ALCOHOL IS PREEMINENTLY the agent of withdrawal from reality. . . . The completeness of the withdrawal may be graduated from a caress of self-forgetfulness to the coma of Lethe, from the blurring of reality's sharp focus to the paralysis of life itself.

—ROBERT S. CARROLL, M.D., Medical Director, Highland Hospital, in *What Price Alcohol?* 79.

Enlarged Scientific Approach

A SCIENTIFIC APPROACH to the problem is needed. The economic, political, social and health aspects should receive the most careful study.

If it is found that the taxes paid by the liquor traffic are not largely extracted from the earnings of the poor; if it is found that the drink habit makes workers in all occupations more reliable and more efficient; if it is found that the free use of alcoholic beverages promotes health and good citizenship and lessens crime and accidents; if it is found that the liquor traffic as a whole constitutes a real asset on the balance sheet of human welfare—if these things are found, then the liquor traffic should be encouraged, and everyone, both young and old, should form the drink habit.

If the findings of the study do not reveal the benefits mentioned but the opposite, appropriate action should be taken. The effectual measures taken by health departments to control communicable disease might receive consideration. Relief from intoxication, alcoholism and alcoholic mental disease cannot be obtained by collecting fees, closing the eyes and saying "all is well."—HORATIO M. POLLOCK, *Mental Disease and Social Welfare*.

MEDICALLY AND SOCIALLY the case against alcohol is just as clear as the case against opium.—Richard C. Cabot, M.D.

The Toxic Urge in Daily Living

*Seek the Truth
Come Whence It May
Lead Where It Will*

Toxic "Joy" Among Primitives

BARS SELL LARGE AMOUNTS on Sundays and feast days. As the market place empties, the bars fill up. Often a returning merchant spends all his earnings in one of the bars that guard the exits from the town and much merchandise is lost, stolen, or damaged while its owner is drinking. . . . The colossal sprees in which men stay drunk for days on end, as long as their money and their credit last, invariably occur in the days immediately following fiestas.—RUTH BUNZEL, "The Role of Alcoholism in Central American Cultures," *Psychiatry*, 1940, 3:361.

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Toxic Centers of Modern Cities

Taverns have not only directly involved juveniles in situations which seriously affected their welfare; they have also exerted, through illegal and destructive practices, a demoralizing effect on the entire community by involving home life and recreation so vital to the welfare of children and young people.

The fact is that graft, political corruption, dishonest business practices, gambling, delinquency, crime, prostitution, indecent entertainment, obscenity, immorality, and exploitation in various degrading forms are encouraged and enhanced by the taverns. It is by these devious and unsavory routes that taverns have become entrenched in the economic, political and social life of our city.

1914 SALOON

1. No women customers, or very few.
2. Barmaids, "hostesses" practically unknown.
3. Drunks served warily.
4. Youth and children rarely served; "rushing the growler" frowned upon.
5. Restricted largely to business sections.

6. Saloon "roadhouses" held in disrepute.
7. Advertising unattractive, "plain as pikestaff."
8. Entertainment attractions few, cheap or nil.
9. Bar sales, with few trimmings.
10. "Father, Dear Father, Come Home With Me Now."

1941 TAVERN

1. Specially caters to women, who often outnumber the men.
2. Barmaids, hostesses, everywhere, serving men as well as women.
3. All comers, drunk or otherwise, served while the money holds out.
4. Constantly luring youth, high school pupils, with multiplied attractions.
5. Thousands in residential areas.
6. Highway taverns elaborately equipped, accepted as "smart."
7. Lavish advertising in press, over radio, by dazzling neon signs.
8. Programs by highest-priced popular stars, dancers, musicians, orchestras, pipe organs, movies, radios.
9. "Cocktail lounges," deluxe liveried lackeys and attendants, obsequious curb service.
10. Musical suggestion: substitute "Mother" or "Daughter."

—Chicago Juvenile Protective Association, Report for 1940.



No Longer Zulu

The older Zulu custom of brewing beer only occasionally for a "binge" and of restricting its use to mature men has almost disappeared.

Today, younger men and women, and even boys and girls, drink beer and even worse brews.

What is the reason for this breakdown in the observance of an old and sensible custom? Against one's will one is brought to ascribe the reason to the establishment of municipal beer halls which, more than any other single factor, have contributed to the introduction of beer as a national drink.—BISHOP OF ZULULAND, *Natal Mercury*, South Africa.

What Are Students Thinking?

The prevalent idea that the average American collegian is more than likely an excessive drinker is not compatible with the opinion of a majority of the students. Six out of every ten believe their schoolmates don't drink too much; 30 per cent of the men and 50 per cent of the women say they are teetotalers. Here is a tabulation of the two surveys taken on this question, the close parallel in the figures demonstrating the stability of the sampling devices used by *Student Opinion Surveys*:

	1939	1941
Believe students don't drink too much	65%	61%
Admit they drink (both men and women) . .	60%	61%
Opposed to return of prohibition	78%	81%

—JOE BELDEN, "What's In a Survey?" *Motive*, May, '41.

How They Mix!

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A trite epigram anent drunk-driving accidents has it that gasoline and alcohol do not mix.

But they do mix! And as never before!

They mix at every intersection. They mix arms and legs with windshields, steering gears, doors, wheels, gadgets, hoods. They mix pedestrians up with the occupants of cars.

They mix the victims in arguments, mix statements to police, give mixed accounts to the insurance companies and mixed testimony to the courts. They mix up everything they contact including those who are trying to find a recipe for their unscrambling.

They mix minds and morals.

If you are still unconvinced, listen in on the police radio "3-90" calls over the short wave. There are so many of their disastrous mixtures that the police have to give them a number!—*Los Angeles Times*.

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Drinking Women Arrested

The F. B. I. says that fingerprint records show that the number of women arrested for drunkenness increased 35.4 per cent, and for driving while intoxicated 38.3 per cent in the first half of 1941 as compared with the first half of 1940. The number of men arrested for drunkenness increased 33.35, and for driving while intoxicated 21.1 per cent for the same period. —*Second Quarterly Bulletin*, 1941.

Cause of High Insurance

In 1940 there were 34,500 fatal automobile accidents. The National Safety Council is authority for the statement that one out of five of these involved either a driver or pedestrian who had been drinking. Assuming that three out of four of these carried insurance and that the charge for drinking is based on a \$5,000 normal settlement, the bill for liquor becomes immediately \$6,500,000.

Turning to non-fatal accidents, in 1940 there were 1,200,000 of these reported. Taking the same average that three out of four carried insurance and that the average settlement was \$200, we add another \$9,000,000 to the liquor bill to insurance companies. According to recent estimates of the Committee on Tests for Intoxication of the National Safety Council, about one out of nine non-fatal automobile accidents have liquor as a contributing factor.—CHARLES R. JONES, American Business Men's Research Foundation, Oct. 30, 1941.



Wine Propaganda Crosses Atlantic

The propaganda in support of wine, to which the International Wine Office has made Europe accustomed, has crossed the Atlantic. A Wine Advisory Board for the United States has organized a "National Wine Week."

It is the aim of the board to reach four out of every five families in the United States: all citizens are to be made "wine conscious"; wine is to be made to occupy a place in the United States similar to what it does in the lives of the wine-growing peoples of Europe. The undertaking is a considerable one, for the average American, unless of French, Italian or Spanish origin, is not wine-conscious at all. He prefers beer or spirits or ice water or coffee. But now, he will be pursued by the slogan, "I'll take wine," repeated by radio, press, magazines, movies and posters. Last year an experimental \$2,000,000 campaign was so encouraging that, in spite of war, a second effort is to be made. Housekeepers are invited to add wine to the dishes they serve; for restaurants, the "wine included" system of Europe is recommended by the International Wine Office. The campaign is conducted in the name of temperance.—ROBERT HERCOD, *Bulletin*, International Bureau Against Alcoholism, Lausanne, Switz., Jan. 9, '41.

Saving Food Material

In War-circled Switzerland

By ROBERT HERCOD

THE FOOD SITUATION in Switzerland grows every day more serious. The blockade of which Switzerland is the innocent victim has been strengthened. Mountain-covered, the country is compelled to rely more and more upon the products of her own soil for food. Therefore, to avoid waste is imperative.

But the measures so far taken to prevent the destruction of precious food material by the process of fermentation are far from sufficient, owing to the tenacious resistance of the liquor trade. To meet this situation the Central Association Against the Waste of Food Commodities, at Zurich, has petitioned the Federal Department of Public Economy and the Federal Parliament, to provide that, at least one-half of the fine grape crop of the country shall be used in the preparation of grape juice, concentrates, and as fresh grapes for food purposes.

The vitacultural organizations were asked to form a "fresh grape movement" to aid such use and sale. Their replies, unfortunately, were either negative or evasive. Vine growers prefer to sell wine, counting on rising prices to make its sale particularly profitable.

The Central Association, seeking further to conserve food values, emphasized the importance of reserving the whole crop of other fruits for food instead of permitting the loss that occurs in fermentation.

As to beer the petition requests that the greater part of the stock of malt in the breweries be requisitioned for food, that the extract content of beer be greatly reduced, and that beer advertising be limited or forbidden. Beer advertising, recently, it affirms, has been on so great a scale as to suggest that the brewers are trying to purchase the support of the press against restriction.

On the other hand, it should be noted that the Federal authorities this year have refused an allowance of sugar for certain wine production purposes, and that this saving has given much public satisfaction.—Lausanne, Switz., Oct. 6, 1941.

WE HAVE DONE much talking about an educational approach to the alcohol problem. But as yet we have made no decisive advance in that direction. The situation reflects no credit on our schools.

—ALBION ROY KING.

ONE WOULD THINK that educated people would see through and be angry with the lying propaganda which seeks to sell drunkenness to America and the American youth by every form of cunning salesmanship.—Louis C. Wright, President, Baldwin-Wallace College, "The Alumnus," Nov., '41.

RECENT BOOKS OF MERIT

WHAT PRICE ALCOHOL? by Robert S. Carroll, M.D. Preface by Adolf Meyer, M.D. A recent survey of the latest scientific understanding of the problem of alcoholism; re-orientes the cause and treatment of alcoholism among the privileged classes. 1941, 362 pages, \$3.00. The Macmillan Co., 60 Fifth Ave., New York, N. Y.

THE ALCOHOL PROBLEM VISUALIZED by the Editorial Committee of the National Forum. "Visualized" is its distinctive characteristic—vivid, dramatic, highly illustrated, yet scientific, objective, factual. The most important facts, findings, and figures of specialists. Second edition, 1940; 96 pages; 75 cents. The National Forum, 417 S. Dearborn St., Chicago, Ill.

ALCOHOL AND MAN, Haven Emerson, M.D., Editor. Sixteen chapters by leading scientists; a comprehensive survey of scientific information and opinion on physiological, psychological, chemical, health, and related phases. 1932, 451 pages, \$3.00. Macmillan Co., New York, N. Y.

WHAT ABOUT ALCOHOL? by Emil Bogen, M.D., and L. W. S. Hisey. An attractive volume giving in 17 brief chapters, the latest scientific information adapted to high school levels; especially useful to teachers and students. 1930, 94 pages, \$1.50. Angelus Press, 1240 S. Main St., Los Angeles, Calif.

A SYLLABUS IN ALCOHOL EDUCATION by Bertha Rachel Palmer. A compact and complete digest of latest scientific information. Sixth Edition. Completely revised, 1941; 25 cents; \$2.25 per dozen. National W. C. T. U. Publishing House, Evanston, Ill.

ALCOHOL AND TRAFFIC, by Samuel R. Gerber, M.D. A factual, scientific and authoritative discussion of the influence of alcohol in highway traffic; based on experience as Coroner at Cleveland, Ohio. Charts and graphs, 64 pages, 40 cents. Better Book Press, Sta. B., Columbus, Ohio.

Beverage Alcohol

In Mental Disease

A Review of Dr. Pollock's New Book

By F. D. L. SQUIRES

THIS 1941 VOLUME, *Mental Disease and Social Welfare*, by Horatio M. Pollock, marshals a wealth of data regarding the steadily increasing prevalence of mental disease in recent years, in the United States and throughout the world. Devoting two chapters to an inquiry into the relation of alcohol to mental diseases, his findings are significant and startling. He says:

"Mental disease throughout the world at present is an increasing rather than a decreasing social problem.

"The proportion of the population suffering from mental disease is constantly getting larger and economic losses due to mental disease are continuously mounting.

"The economic loss in the United States as a whole on account of mental disease in 1936 was about one billion dollars. Such loss, great though it be, is small compared with the loss of health, the loss of mentality and the loss of life suffered by the afflicted individuals. These losses . . . cannot be expressed in financial terms.

"In 1910 there were 204.2 patients in institutions, per 100,000 population . . . in 1923, 245 such patients; in 1934, 310.5 patients, and in 1936, 325.7."

"Average Citizens" Predominant Among Alcoholics

Appraising thirty years of first-hand experience with alcoholic mental disease in New York State, Dr. Pollock discusses the claim that "the person who develops alcoholic mental disease is an abnormal individual who acquires the drink habit because of his abnormality or perhaps because of mental conflicts from which he seeks relief." He says:

Dr. Pollock is Director of Mental Hygiene Statistics, New York State Department of Mental Hygiene. *Mental Disease and Social Welfare* is published by State Hospital Press, Utica, N. Y. The reviewer, Fred D. L. Squires, is Research Secretary, American Business Men's Foundation, Chicago.

"Comprehensive statistical studies in this state and elsewhere tend to indicate that *the great majority of persons who develop alcoholic mental disease are average citizens who show no marked abnormality prior to the formation of the alcohol habit.*"

Influence of Legislation, 1909-1938

Surveying the record of new cases of alcoholic mental disease admitted annually to the New York Civil State Hospitals during the thirty years from 1909 to 1938, Dr. Pollock finds that, following several years in which the rate of first admissions annually approximated 9.7 male cases and 2.9 female cases per 100,000 population, a first marked decline was noted in the three years, 1914, 1915 and 1916, dropping to 5.5 male cases and 1.9 female cases in 1915. This "lessened frequency in alcoholic mental disease from 1912 to 1915," says Dr. Pollock, "was generally believed to be due to the spread of 'dry' territory in the state by means of local option and to the effective propaganda against alcoholism carried on during this period."

But, as Dr. Pollock points out, the subsequent years during which the liquor traffic was severely curbed, resulted in a still more striking drop in admissions to the state hospitals of alcoholic mental disease cases.

"In 1917, 594 such cases had been admitted; in 1920 the number dropped to the low point of 122 and was only 193 in 1921, and 220 in 1922. In other states similar reduction in alcoholic admissions was reported. In Massachusetts, for example, the new alcoholic cases declined from 511 in 1917 to 202 in 1920."

An increase in such cases, from 1923 to 1927 in New York State is attributed by Dr. Pollock to the repeal of the state's prohibition enforcement Act in the former year. "In the absence of state control, violators multiplied; the over-indulgence in alcoholic beverages which followed is reflected in the increased number of alcoholic first admissions."

Dr. Pollock notes a "marked upward rise" following the repeal of the 18th Amendment.

"The institution of the new laws in 1933 and 1934 was accompanied by a marked upward rise in the admissions of new cases of alcoholic mental disease. The number increased from

593 in 1932 to 706 in 1933, and to 884 in 1934. The substantial reduction which occurred in 1935 was followed by increases which were not as marked as those of 1933 and 1934."

"The fluctuations in rates among men, thought to be due principally to changes in legal restrictions on the liquor traffic, are striking. It is believed that the trends in alcoholic first admissions . . . constitute a rough index of the consumption of alcoholic beverages. As consumption increases, alcoholic admissions to mental hospitals increase. Convictions for intoxication are likewise affected."

Bellevue Hospital Figures

Dr. Pollock devotes attention to a record of alcoholic admissions to Bellevue Hospital (*i.e.*, inebriates and patients with alcoholic mental disease) during the thirty years from 1909 to 1939.

This record shows that in 1909 there were 10,521 alcoholic admissions to Bellevue, a total which increased in 1910 to 11,307. "This figure," points out Dr. Pollock, "was not exceeded until 1936. Beginning with 1912 a declining trend in admissions set in. With some irregularity the decline continued to 1920, when only 2,091 alcoholic cases were admitted. In 1921 the number increased slightly to 2,381. A marked upward trend began in 1922, when the admissions increased to 4,083. The rising trend continued with slight interruptions to 1938. In that year the number of alcoholic admissions was 12,084, the largest annual number in the entire period of thirty years. The trends in the admissions of males and females are in general similar but have some peculiar divergencies. The increase in female admissions from 1,367 in 1917 to 3,260 in 1918 is unexplainable. A similar jump in male admissions from 7,506 in 1935 to 10,064 in 1936 occurred without apparent adequate cause."

It is significant that in these figures the alcoholic admissions to Bellevue Hospital have an all-time high mark in the three most recent years of repeal period reported (1936-1938).

"The frequency of the admissions to Bellevue during the thirty years covered by this study," continued Dr. Pollock, "corresponds in general with the frequency of the cases of alcoholic mental disease admitted to the civil State hospitals.

. . . This fact indicates that the influences affecting the use of liquors during this period were operative not only in bringing patients to mental hospitals in varying number, but also in causing fluctuations in cases of inebriety. New York City, however, was not affected by local option. As previously mentioned, in the rural districts of the state there was considerable 'dry' territory before the days of prohibition and the increase of such territory undoubtedly affected the rate of alcoholic admissions to mental hospitals. However, anti-alcoholic propaganda appears to have had considerable effect in New York City, as the rate of admissions declined previous to wartime restrictions (in 1917) on the liquor traffic."

In comment upon the official records appraised by him, Dr. Pollock asserts that the "15,475 persons in this state" that "in the thirty years reviewed, developed mental disease attributable to over-indulgence in alcoholic liquors . . . represent social and economic losses to society."

Two of the most valuable features of "Mental Disease and Social Welfare" are the excellent index and the comprehensive bibliography of recent volumes and articles.

EDGAR ALLAN POE

(Continued from Page 38)

"palpably insane." If it had that effect it was doubtless because he never stopped with a single glass. The evidence of his drinking episodes seems to indicate that Poe was a heavy, periodic drinker. From his college days there are reports of occasions on which he disgraced himself and embarrassed his family by his excesses. He was not a regular drinker and it is known that for long periods he remained in total abstinence. It was during these periods that he performed his prodigious feats of literary productivity. Fired by a poetic or philosophic idea, he gave himself to the most exacting demands of scholarship until the creative work was complete. But when he took the fruit of his genius into the competitive literary market, or faced the cold poverty or suffering of those dependent upon him, or brooded on the caprice of fame and fortune, the very taste of liquor was enough to fire his thirst for oblivion. Toward the end of his life a single glass of wine was enough to set him on the road to complete obfuscation.

Escape Motive

The basic problem in understanding alcohol is the motivation to its use. No adequate progress toward either cure or protection against addiction will be made without understanding the main needs of the human spirit which men seek to satisfy by the use of the narcotic and the finding of better adjustments of life to meet these needs. Mere knowledge of the possible evils that may result from use of the drug is not enough.

The story of Poe furnishes excellent case material for the study of the most powerful and the most common of all motivations to drink where it results in any measure of addiction. And the matter could not be stated better than in the words of another friend of Poe, George R. Graham:

"The very natural question—'Why did he not work and thrive?'—is easily answered. It will not be asked by the many who know the precarious tenure by which literary men hold a mere living in this country. . . . The character of Poe's mind was of such an order as not to be very widely in demand. The class of educated mind which he could readily and profitably address was small—the channels through which he could do so at all were few—and publishers all, or nearly all, contented with such pens as were already engaged, hesitated to incur the expense of his to an extent which would sufficiently remunerate him; hence, when he was fairly at sea, connected permanently with no publication, he suffered all the horrors of prospective destitution, with scarcely the ability of providing for immediate necessities; and at such moments, alas! the tempter often came. . . . Let the moralist who stands upon 'tufted carpet,' and surveys his smoking board, the fruits of his individual toil or mercantile adventure, pause before he lets the anathema, trembling upon his lips, fall upon a man like Poe! who, wandering from publisher to publisher, with his fine print-like manuscript, scrupulously clean and neatly rolled, finds no market for his brain—with despair at heart, misery ahead for himself and his loved ones, and gaunt famine dogging at his heels, thus sinks by the wayside, before the demon that watches his steps and whispers *oblivion*."

We have also an explanation of his motives by the poet himself in a letter to a friend shortly before his death. "I have ab-

solutely no pleasure in the stimulants in which I sometimes so madly indulge. . . . It has not been in the pursuit of pleasure that I have periled life and reputation and reason. It has been in a desperate attempt to escape from torturing memories—memories of wrong and injustice and imputed dishonor—from a sense of insupportable loneliness and a dread of some strange impending doom.”

Ego-Inflation

One thing the human spirit must have: that is some device by which self-esteem is established. The miseries and failures of life must be compensated or escaped. Sickness and poverty are never so tragic unless they are connected with the more terrible failure to achieve a reasonable success in the major vocational objectives of life. And who does not have his share of such failure? And so the motivation to escape is all but universal. It may take the form of periodic exit from real into imagined experience, a world of play, or fiction, sometimes a dream world either awake or asleep, and too often an artificially produced world of imagined greatness. Play, sport, literature, art, music, the theatre, and creative hobbies of all sorts are mechanisms for such compensation and escape.

Since the earliest records of civilized man certain drugs have been known and used to facilitate this escape. In various forms they all have the effect of deadening the perceptual and critical functions of the mind and thus release the emotions to free and irrational expression. What man's actual experience fails to give him in the competitions of the real world, namely, successful achievement of his desires, under this narcosis the emotions imaginatively supply. Alcohol is the simplest and most common of all such drugs. Under its influence the most pathetic failure becomes a millionaire for a night, wasting his substance in prodigal living. The escape motive undoubtedly accounts for the vast majority of alcoholic usage, and the more abject the condition of misery and failure the more violent will be the addiction.

Poe is a classic illustration of such motivation. Our meagre knowledge of his habits fits the pattern perfectly. One who worked very faithfully and hard at his literary calling, over long periods of soberness, with little diversion to lighten the

ALCOHOL AS A STIMULUS to artistic and literary creation is frequently mentioned and undoubtedly in many persons this is a motive, in spite of the fact that the scientific literature does not uphold such a theory. As Scharpff has put it: the majority of drinking geniuses have created their masterpieces, not on account of, but in spite of alcohol.

—KARL M. BOWMAN and E. MORTON JELLINEK,
Qr. Jr. Studies on Alcohol, June, '41, 106.

strain of toil, and always without adequate reward either of pay or praise. One who was a boon companion, especially devoted to gaming, when the spirits were high and wine flowing freely. Then down and out completely before the spree was over, and sunk in days of gloomy remorse.

The Real Source of His Inspiration

Many and complex were the factors, personal, social, material, and spiritual which moulded the character and selected the peculiar coloring of the masterpieces of this brilliant and tragic star, which shines with a singular luminescence out of a dark period of American letters. To single out such factors as we have discussed here is woefully inadequate and would be grossly unfair if it were not for the popular fancy that his habits thus described had some causal relation to his genius.

Let it never be forgotten that the real source of Poe's genius was his prodigious labors and his exacting scholarship. He is no exception, but a confirmation, of the rule that great works of art are produced by great expenditure of energy and wisdom. His genius was, in accordance with the general formula, ninety per cent toil and ten per cent native brilliance, and not even one-half-of-one per cent alcoholic. Far from helping him in any way, liquor served to aggravate his temperamental morbidity, the remorse which overtook him after his sprees increased his feelings of inferiority, and these things were a major handicap in his efforts to make the happy social and vocational adjustment he so much needed. His death is believed

to have been the end of a drinking debacle, and thus alcohol may have had a decisive part in robbing the world of one of its choice creative spirits at the early age of forty.

Persistence of a Fallacy

That so many students should entertain the notion that alcohol was a cause of Poe's poetical inspiration is a curious commentary on the teaching of American literature in our schools. In view of the general effectiveness of teachers, and with the facts about Poe so readily available, the persistence of this fallacy is a bit strange. Perhaps the popular logic of unreason is too much for the teachers! One might also raise the question as to why a thousand popular superstitions persist in an age of science. The task of education is never simple.

But the situation can reflect no credit upon the schools. We have done a lot of talking about an educational approach to this problem, but as yet have made no decisive progress in that direction. Abysmal ignorance of the simple scientific facts about alcohol, especially its nature as a psychological drug, reaches far beyond the students and into the teacher group. And in the usual educational program when the question comes up in the class of American literature the teacher will feel under no obligation, for the problem of temperance is handled in another department. It is relegated to a few lessons in physiology and hygiene, where the physiological effects are reviewed but no adequate study of the relation of alcohol to mental processes or human motivation is made.

The fact that the ratio of male to female alcoholics is 6 or 7 to 1 clearly indicates that in the majority of instances something besides susceptibility produces chronic alcoholism. The difference is doubtless due to social customs and the general attitude as to what is right and wrong for the sexes.—LAWRENCE KOLB, M.D., Assistant Surgeon General, U. S. Public Health Service, *Qr. Jr. of Studies on Alcohol*, March, 1941.

Alcohol is not so much an individual enemy, as a member of a gang of human enemies—disease, poverty, vice, crime, fatigue, over-exertion. We may call it the confidence man of civilization, taking people down by associating with social pleasures—a jolly good fellow who leaves its believers penniless or victimized.—HARVEY SUTTON, M. D., Director of the School of Public Health, Sydney University, Australia.

A Source of Crime

At the National Capital

By WILBUR LA ROE, Jr.

FOR YEARS I HAVE HEARD vague and general statements about the relation between liquor and crime. Recently, as a member of the Board of Parole, I have had an opportunity to study many individual felony cases. The more I study them the more I am convinced that liquor is a prolific cause of crime.

In order to determine with some definiteness the number of cases in which liquor plays a part I have selected at random 625 felony cases which came before the Board of Parole. In 146 of these cases, or 23.4 per cent, liquor was involved in the sense that defendant was under the influence of liquor when the crime was committed or had been convicted of intoxication.

A tragic fact is that so many of the crimes caused by liquor are heinous. The mother of a young baby stayed out most of the night and got drunk. When she returned in a stupefied condition her grandmother upbraided her. Angry and drunk, the young mother took her baby into an adjoining lot, killed it by hitting it over the head with a brick, and threw its body into a sewer.

A man with seven previous convictions for drunkenness or disorderly conduct and with one conviction for habitual drunkenness killed an elderly man with an ax and knocked another unconscious, threatening to kill everybody in the house.

In the early hours of the morning a filling station was broken into and over \$800 stolen from the safe. The convicted man had been drinking heavily and had five convictions of drunkenness and nine convictions of illegal possession or sale of liquor in his past record.

Wilbur La Roe, Jr., Attorney, is a Member of the District of Columbia Parole Board. This article is condensed from a letter to the *Washington Star*, August 11, 1941.

Within the past few days a vicious attack was made on the 15-year-old daughter of a government official by a man who carried a bottle of liquor at the time of the attack and who has since stated that he was drunk.

In one of the local beer gardens there was a fight. An officer tried to eject a drunken man. Another man with seven cases of drunkenness or disorderly conduct in his past record shot at the policeman.

Early one morning a man was shot and killed in a restaurant on Ninth street. After drinking heavily of both beer and whisky, defendant entered the restaurant, shot two men and tried to shoot a third.

Defendant shot and killed a man following a drinking bout. He has nine crimes in his past record, including intoxication.

Defendant stabbed a man several times in the abdomen, killing him. Defendant had been drinking heavily and had nine cases of drunk or disorderly, one felony and fourteen other crimes in his past record.

Defendant was a caretaker at a boy's school. While drunk he took a 15-year-old student into the woods and while the boy begged for his life, shot and killed him. He was sentenced to be hanged but sentence was commuted to life imprisonment on the theory that he was too drunk to realize the nature of his crime.

A serious robbery took place on one of our streets. The man committing it had been drinking and had thirteen crimes in his past record.

The records of the Board of Parole show numerous cases of forgery committed by drunken men. In a typical case a man with ten convictions for drunkenness and several cases of forgery in his past record forged the checks of his employer. Inebriates forge the checks of their own relatives and friends. This is being done in wholesale fashion. Probably 75 per cent of all forgery in the District of Columbia is committed for the purpose of obtaining liquor, usually by men who are on a spree at the time.

A man who had been on a drinking spree shot and seriously wounded his daughter. Another killed his wife while under the influence of liquor.

The foregoing are illustrations cited from a long list of

crimes from the records in which there was a direct relation between liquor and the crime. From recent records examined I have found the following felonies committed by persons under the influence of liquor, or by inebriates, or otherwise directly connected with liquor: 25 robberies, 3 arsons, 26 house-breakings, 14 manslaughters, 29 assaults, 7 murders and 42 other felonies—a total of 146 out of 625 cases studied.

My study convinces me, and I believe it will convince the public, that liquor is making a tremendous contribution to serious crime in the nation's capital, being responsible for nearly one-fourth of all the felonies. The study further shows that many of our felonies are committed by men who have been convicted many times of drunkenness. The only conclusion that safely can be drawn from these studies is that it is not safe to have inebriates in our midst. It is just as important to isolate them as it is to isolate the insane or the tubercular. Our present practice of sentencing them to only ten days for drunkenness, then letting them return to the streets, does not commend itself as reasonable. One such man was jailed 105 times.

Liquor, unfortunately, is very easy to obtain in the District of Columbia. An inebriate with a proclivity toward violence when drunk can obtain it as easily as any other person. Our records show that men under the influence of liquor cruise around our streets, especially at night, visiting one liquor store after another, ending up by committing a felony. . . . What we need is not a liberalizing of the liquor laws in the interest of those dispensing liquor, but a clearer understanding of the social menace involved and a tightening of the laws in the public interest. Equally important is a more intelligent plan for dealing with inebriates.

Drink in War Time

It is an unquestionable fact that in many parts of the country there is an outbreak of intemperance among young people. In Bristol one-third of the persons proceeded against for drunkenness were under 30; in Grimsby nearly one-half. In Birmingham out of 4,219 proceedings almost one-third were under 30, and 244 were under 21 years of age. In Smethwick out of 56 persons convicted, 41 were first offenders.—HENRY CARTER, *Scottish Temperance Reformer*, July 31, '41.

Effects of Alcohol on Mental Processes

Some of the Tests

IT IS ALMOST UNIVERSALLY agreed among those who have studied the subject that the first effect of alcohol, and the effect of the smallest doses, is upon the higher functions of the brain.

We know of no better guide than the Alcohol Committee of the Medical Research Council, which came to the conclusion that "the direct effect of alcohol upon the nervous system is, in all stages and upon all parts of the system, to depress or suspend its functions; that it is, in short, from first to last a narcotic drug." The earliest suspension of functions leads to an impairment of the faculties of judgment, concentration, self-criticism, and the power of estimating risk. This is often accompanied by a sense of well-being and of self-satisfaction. The early action of alcohol can hardly be measured by the crude tests which determine whether a driver is "under the influence of drink to such an extent as to be incapable of having proper control of the vehicle." Nevertheless the effect of alcohol leads many persons to take risks and to make rapid decisions less judiciously than they would otherwise do. To what extent this action of small amounts of alcohol may in the aggregate be responsible for motor accidents there is no means of estimating. It is, however, a serious objection to the consumption of alcohol, even in small amounts, by anyone who is to drive a car.

Some of the effects mentioned have been demonstrated by various psychological tests. For instance, six men were tested for their ability to learn a code and write it rapidly, and it was found that two hours after drinking alcohol equivalent to $3\frac{1}{2}$ ounces of whisky their capacity to learn was reduced by 10 per cent on an average.

The effect of alcohol on powers of concentration is suggested by the tests made by an instrument in which the needle of an indicator in an electric circuit was kept almost continu-

THE BASIC QUESTION

By HARRY S. WARNER

TO UNDERSTAND THE MEANING of the beverage alcohol problems of today, it is necessary to look far beyond surface trends.

For the questioning of alcoholic enjoyment is *anything but new*. In all ages and all countries above the state of savagery, especially among modern people, thinking people, and socially conscious people, alcoholic pleasure has been seriously and scientifically questioned—challenged. The persistent tendency of the alcoholic urge toward excess; the increasing amounts demanded by many from year to year to produce the desired “kick”; the low-grade conduct that follows its use in more than minute quantities; its tendency to sift out those whose nervous make-up is susceptible, leading them quickly into uncontrollable drinking, are established facts of far-reaching meaning.

ously in motion by means of a disturber element. The subject was asked to watch the indicator and keep it adjusted as nearly as possible to zero by means of a simple rheostat control. Eight men were tested at intervals of $\frac{1}{2}$, 1, $1\frac{1}{2}$, and 2 hours after taking a dose of alcohol corresponding to 3 ounces of whisky, and it was found that on an average their skill was diminished by 8, 15, 20, and 15 per cent at the respective time intervals mentioned. Seven of the subjects showed a definite decrement in their promptness of attention and control, but the remaining subject, an occasional heavy drinker, showed an improvement of 6 per cent.

The effect of alcohol on reasoning powers is shown by the tests made on the intelligence quotient of a group of fifty persons. It appeared that a dose of alcohol equivalent to $2\frac{1}{2}$ ounces of whisky lowered the quotient and diminished the power of recalling past experience. In tests made by another investigator a list of fifty adjectives was read out, one at a time, and the subject was required to give another adjective with the opposite meaning. A dose of alcohol equivalent to

3½ ounces of whisky caused a decrease of 15 per cent in efficiency.

A number of investigators have noted that though their subjects performed the various tests less efficiently than usual after taking alcohol, they were convinced that they had been doing them better, and were surprised when they found that their records proved the contrary.—*British Medical Journal*.

UNFORTUNATELY, because of the human body's ability to "take it" in youth, the consequences of drinking are not apparent at the start. But inevitably they come, often after so much dissipation that irreparable damage has been done to tissues and character.—Dr. Paul S. Rhoads, Professor of Medicine, Northwestern University School of Medicine.

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2. *Promote study and discussion in college, the community, city, state and nation.*
3. *Challenge conventional thinking, assumption, customs and social traditions.*
4. *Give attention to the social and national welfare aspects of the problem—to the **concern that sees beyond self and group** to the safety and welfare of society.*
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The Saturday Letter

By **RAYMOND E. MANCHESTER**

Dean of Men, Kent State University, Kent, Ohio

THERE ARE STREAMS of blood that flow through generations and on through the centuries. They spread (these streams) and mix to fill the veins of men and sons with traits, characteristics, urges, and desires. Perhaps, you have a bit of Plato in your life stream but, if so, there are so many thousands of other bits within the mixture you have little reason to claim enough from the Golden Age to cheer about.

There are, however, other streams which flow through generations and on through the centuries, and one of these is that made up of ideas. Of this stream you have much and the spread, mixing and wastage has not been so marked. While you have little of the physical part of the Golden Age in your make-up you do have the best thought of all the centuries available for your use.

The modern Greek (yourself) is one to whom opportunity and responsibility have come. You, the recipient of the culture of the past must accept the charge of protecting, strengthening, and passing on the achievements of the race. You, the chosen one, must faithfully carry out the obligation given to you in trust. Call it the job of carrying the torch if you wish, or name it in any way you choose, the task is yours to execute efficiently, completely and without equivocation.

Whether time moves past us or we move in time is a nice question for logicians, but events do come into being and do pass. This war will pass and with it all the myriad events connected with it, but the stream of ideas will flow on through us to minds as yet uncreated. Ours is the opportunity of keeping it dyked, undammed, replenished, and pure. Can we and will we accept that which is at once an honor, an opportunity, a responsibility, and a challenge?

"Yes," is our answer and it is in the fullest voice. "Yes," it is to all the forces of disorder, destruction, hate, violence, and wastage. "Yes," is the shout from every modern Greek in every land, under every condition and in defiance of every squanderer of human aspirations.

JANUARY
1942

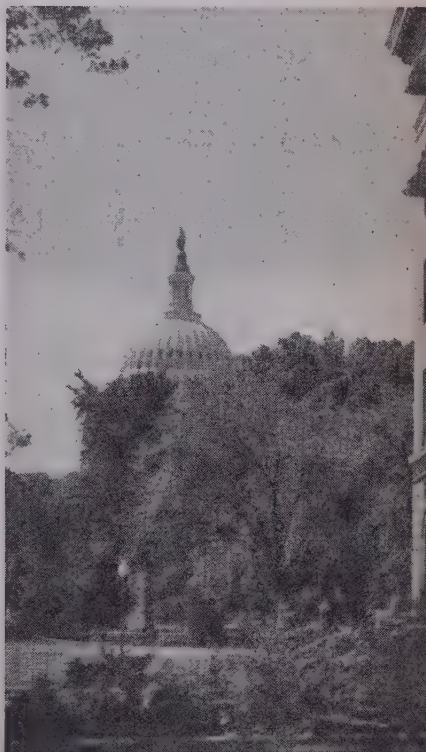
THE
INTERNATIONAL



STUDENT

OF LIQUOR IN LIFE TODAY

*Narcotics
Education
to Aid
National Defense*



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responsibility"

At the right—Room 102—
is the Editorial Office of
THE INTERNATIONAL
STUDENT.

THE INTERNATIONAL STUDENT

JANUARY, 1942

Vol. XXXIX, No. 3

HARRY S. WARNER, *Editor*

OBJECTIVES FOR 1942

SEEK the Truth fearlessly, wherever it may be found, wherever it may lead.

Promote and provide material for study, discussion and instruction on the *Liquor Problems of Today*, making it available especially to colleges and other institutions of higher education.

Cooperate with and encourage faculty members, student leaders and workers among students *in taking leadership* in a new educational movement on these problems in the community and the nation.

Examine—and evaluate—the conventional thinking, assumptions and social customs that give support to alcoholic culture and alcoholism.

Give attention to the social and national welfare aspects of the problem of alcohol, to the *concern that sees beyond self and group* to the health and safety of society.

Aid in the creating of an educational leadership toward solution of the problem in America and the world.

Specifically: Make *easily accessible*, through THE INTERNATIONAL STUDENT and pamphlet publications, the latest and best information to accomplish these purposes.

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Narcotics Education

An Aid in National Defense

By JOHN A. PERMENTER

WITHIN A SHORT TIME after the occupation of Northern France by the German armies in 1940 the Vichy Government issued a statement, as quoted by an American magazine that gives particular attention to backgrounds, that alcoholism was the chief cause of the moral collapse of France; that the other chief problems of the country were tuberculosis, cancer, and venereal disease. It was noted that the Frenchman, before war restrictions became effective, was the world's heaviest tippler, his average consumption being two and one-half quarts of alcoholic beverage per week.¹

Many historic parallels mark the part that alcohol has played directly and indirectly in the loss of battles and wars, the fall of nations and of empires. Not infrequently during the long history of civilization it has affected the map of the world.

The battle of Trenton during the Revolution, in which Washington and his ragged army crossed the semi-frozen Delaware river, surprised and defeated the drunken adversary, is the classic American grammar school example. But not many are aware of the part that alcohol played in the cataclysmic changes represented by the fall of Ninevah and Babylon, Alexander's ignominious death, the battle of Waterloo, and the first world war. These are but a few high spots that might be cited.²

John A. Permenter, Consultant in Narcotics and Health, Department of Education, State of Florida, is leading a new program on these problems throughout the High Schools and other schools of Florida. His college and graduate work included Berry College, Florida Southern, the University of North Carolina, and New York University. He conducted a course in Narcotics Education at Delta State Teachers College, recently, following special research work at the Alcohol Education Seminar, Evanston, Ill.

MODERN temperance teaching must concern itself, above all, with the harmful effects of small doses of alcohol. These effects are often not apparent—an additional reason why the teacher should point them out.

—DR. IVAN BOLIN, Department of Public Instruction,
Stockholm, Sweden.

We are concerned here and now, as we face the present situation, with the problem of narcotics as it is related to the greater problem of national defense and effectiveness in war.

"The war is not to be regarded as an isolated evil, detached from the general condition of western civilization," said the Archbishop of York, Dr. William Temple, at a conference called in 1940 at Malvern College, England, to consider a program of post-war aims. "(This war) is one symptom of a widespread disease and maladjustment. . . . (We need) a new order of society, a new integration of religion, morals, politics, and economics."³

Confusing Social Attitudes

Modern civilization surrounds us with a bewildering multitude of confusions, dilemmas and contradictions in national life—in education no less than in politics, business, and religion. Some educators and scientists tell us that this is the dominant note of the twentieth century and that it is leading toward the disintegration of much that is best in our national life.

The prevailing and popular "group" attitude toward the use of alcoholic beverage is one of a score of examples which illustrates this unpleasant thought all too clearly. Most of those who drink do so for certain imagined or real pleasures and effects which are necessarily momentary in character. But no one likes to face the ultimate personal, social, and economic consequences of this customary method of "obtaining pleasure." So we compromise by ignoring these unfortunate results on the one hand, and by passing a law for the teaching

of narcotics education in our public schools on the other hand, and then have the gall to be proud of our cleverness. Unfortunately life is not that simple.

Continued and More Effective Education Basic

At this very moment our nation is organizing its every resource for national defense. We are trying to insure the aid of every force of our culture to this end: industry, education, agriculture, the press. But, as was said in a recent radio address:

"We must not forget that the basic need is a body of young men and women with good health, moral and spiritual maturity, and democratic idealism. Probably the greatest handicap in the prosecution of the World War of 1917-18 was the large percentage of men who came to the defense of the country *illiterate, under-developed, and morally unprepared*. For this reason the basic work of education is necessary to national defense."⁴

We are in the war; young men are taking up the sword and using it. We are making guns, airplanes, ships, all the munitions of war as fast as factories can turn them out. But France had all these things. France had "the finest army in the world," as it was called, and the "impregnable Maginot Line." But today German peasants are said to be digging this defense barrier from the earth so that they may farm this part of "their land."

George Slocombe, press correspondent, writing on what he saw from his village in France, said:

"The veterans of the last war, the middle-aged peasants whose sons were at the front, knew very well the danger in which France lay. But these sons at the front had grown up in the soft years which followed the victory of 1918. They were of another calibre from that of their fathers. They were not so thrifty, not so industrious, not so tough in fibre. They had tasted the artificial life of the towns—cinemas and dancing, drinking, cheap ready-made clothes, high wages and short hours in factories, instead of long hours on the farms. They missed the parental discipline which had toughened and given character to the previous generation. They were wilful, cyni-

cal, irreverent, unruly, the products of victory and indulgence."⁵

There is a *universal* and *timeless* need for national defense against moral weakness at home and abroad. We shall always need it against the forces of greed and lust and deceit that would enslave our wills and confuse our thinking and destroy our souls.

Asked in 1917 by the Council of National Defense to call a conference on alcohol to meet with a similar group called to consider the question of venereal diseases, Professor Irving Fisher, Yale economist, said, "Alcohol and venereal diseases are always the twin obstacles to the soldier's fitness to fight."

Forecasting continuance of these dangers in the present situation a meeting of the Massachusetts Hospital Association, as early as November 18, 1940, faced them frankly. Under the headline, "Way Sought to Curb Alcohol," the *Boston Herald*, reporting the meeting, said:

"Dr. Clifford T. Perkins, state commissioner of mental health, yesterday declared that mental ills due to alcoholism are steadily increasing toward their highest peak in history, and urged the appointment of a national committee to study 'this very serious problem.'"

"At this time of national crisis, when we must be at our very best, both mentally and physically, this rapid rise in mental diseases directly attributable to alcoholism constitutes a very serious problem to which we must give prompt attention."

Speaking thus before several hundred medical leaders at a symposium on national preparedness, he proposed as imperative the calling of a national committee composed of military, governmental, and civilian leaders to investigate the situation.⁶

The Problem and Its Background

It becomes increasingly apparent that the problem of beverage alcohol, like that of other narcotics, does not stand alone, either in its relation to the individual user or to society. It is intimately related to such problems as a sense of personal inadequacy, frustration, maladjustment, poverty, disease, crime, social pressure, and the absence of normal human satisfactions

(Continued on Page 83)

Substitute a New "Way of Life"

By HOWARD E. HAMLIN

TODAY AS IN PREHISTORIC times, like deserts on the march, we are seeing how changes in climate bring about the extinction of particular species of animals and plants, dinosaurs, mastodons, tropical plants in the Arctic.

Could we not, by similar changes in approach, bring about the "extinction" of present trends in drinking, smoking, and other incorrect habits of living? By a New Approach in Narcotic Education, *substitute a "way of life"* that is so creative and thrilling that we would *choose to heed established facts* of hygiene and social conduct, rather than indifferently or defiantly violate them.

Instead of saying, as in the past, "don't do this" and "don't do that," or "you can't do this," and "you can't do that," let us never by omission or commission, fail to make it completely clear what the use of narcotics does to health, social behavior, and social conditions. Furthermore, instead of employing "fear," through reference to "ulcerated stomachs," "hob-nailed livers," and "lurid brains" as a way to prevent the use of narcotics, let us make our appeal to the intelligence and sense of fairness of youth and their elders. Let us give simple and accurate knowledge, and suggest projects which will encourage the individual to develop hobbies and sustaining interests that will bring him greater rewards and compensations for his money and his leisure in contrast to the impairment, inefficiency, and, frequently, the disillusionment wrought by the effects of narcotics. This is the growing,

A former Professor of Physiology at Ohio State University, Instructor in Biology at Simmons College, Middlebury College and Harvard University, and graduate of Ohio Wesleyan, Prof. Howard E. Hamlin is leading a new approach in scientific education in Narcotics and Health in the public school system of Ohio. This article is condensed from the *Ohio Parent-Teacher*, Nov., 1941.

THE DRINKING of liquor, a social practice, is increased or minimized in very large degree by the opportunity and proximity of access for many who would never drink at all unless it was set under their noses.

—WILLIAM HOWARD TAFT

changing, modern approach to one of humanity's most perplexing problems.

However, I do not minimize the importance of established facts concerning the effects of excessive or even the moderate use of narcotics. In drinking driving, for instance, a little alcohol may be worse than a lot. Such knowledge is most important in the background of our thinking. But it should be made incidental and natural to the discussion, and not too conspicuous. For this reason a special school assembly is not the best way to convey narcotic information, but rather in the social and natural sciences, where it is a natural part of the subject and can become a natural part of the discussion. When trying to ride a bicycle in the days of bad roads, if you looked too intently at the rut in the road, you were sure to run into it. (If we talk too much about narcotics, or at the wrong time, or in an intolerant manner, we may drive some of our youth to use them). However, if we set our eyes on the goal ahead, it was easy to avoid the rut. Yet, all the while we were conscious that the rut was there, but we did not give it pre-eminence in our thinking.

I would like to see narcotic information have a chance to work just like that, viz. exert its influence upon the subconscious mind, while the conscious is so absorbed and enraptured by the creative life we are living that the idea of using narcotics would not even enter our thinking. In other words, may we escape the lure to use narcotics by circumvention through the substitution of a great variety of absorbing interests and a potent desire for health. *What we really need is narcotic education which emphasizes health and citizenship first and narcotics second.*

Remove Alcoholism

To Aid National Defense

—Says *Psychologist*

ALCOHOLISM SHOULD be attacked by a two-fold program of prevention:

"First, the public should have a better and broader understanding of the dangers of alcohol; and

"Second, since the origins of the person's alcoholism often reach far back into his childhood experience, there should be a wider application of the workable principles of the mental hygiene of childhood," declared Dr. Edward A. Strecker, University of Pennsylvania psychiatrist, chief speaker at a recent meeting of the Research Council on Problems of Alcohol, in New York.

The solid front of our national defense is being definitely weakened by alcohol, said Dr. Strecker, in that it is sapping both the moral sense and the working capacity of the American people. The country must be alert, he told his audience, when "the eyes of the enemies of democracy eagerly scan the walls of our defense for weak places."

"It is scarcely possible," he continued, "to estimate with any accuracy the amount of personal, economic, and social damage to be attributed to the misuse of alcohol. Only the comparatively few whose alcoholism is treated in mental hospitals and in licensed sanatoriums are counted in the official figures. For each of these patients there are dozens of others whose drunkenness is concealed in general hospitals, in unlicensed rest homes, and other havens of refuge, and in the home."

The alcoholic is a sick person, Dr. Strecker affirmed, working, if at all, at a level far below his normal capacity and at the same time, undermining the social structure because of his personal, economic, and social inefficiency. "Over and above these weighty destructive effects are the imponderables, human misery, suffering, and degradation, which, if they could be weighed, would weigh even heavier in the balance of life."

British Control and Reduction

In the First World War

DURING THE WAR of 1914-18, the Liquor Control Board of Great Britain put into effect the following restrictions on the beverage alcohol industry:

1. The hours of sale and supply in licensed places and clubs were limited to 5½ on week days, with 9 P. M. as the latest closing hour.

2. The time for off-sales was limited to 2½ hours per day, off-sale being entirely prohibited on Saturday and Sunday.

3. There was a progressive dilution of spirits.

4. Treating was prohibited, except that a man might treat his friend if at the same time he treated him to a meal.

"Taken altogether, these measures resulted in greatly increased efficiency, less lost time, less sickness, and fewer accidents, and it was almost universally recognized that they made a notable contribution to the strength of Britain's war effort."

The effects of these measures, combined with other influences of the war, have been briefly stated as follows:

1. The consumption of beer was cut by almost two-thirds, from 35,250,000 barrels in 1913 to 12,790,000 in 1918; and the consumption of spirits by more than one half, from 31,790,000 gallons in 1913, to 15,110,000 gallons in 1918.

2. Convictions for drunkenness were reduced by almost six-sevenths, 84.6 per cent, in England and Wales, from 188,877 in 1913, to 29,075 in 1918.

3. Attempts to commit suicide, known to police, fell off almost three fourths, from 2,478 in 1913 to 845 in 1918.

4. Deaths from cirrhosis of the liver and other deaths with a record of alcoholism, were reduced by almost two-thirds, from 5,827 in 1913 to 2,026 in 1918.

Other great improvements, not reducible to statistics, were observed in social and industrial life, such as increased efficiency, reduced absenteeism and fewer accidents in industry.

The Menace of Alcohol in War

By W. McADAM ECCLES

Consulting Surgeon, St. Bartholomew's Hospital, London

THE DRINKING OF ALCOHOLIC beverages in wartime tends to lessen the ability of the individual to purchase the amount even of the severely rationed but necessary foods. This may be carried to such an extent that the adult may suffer directly from the want of sufficient food to give the energy to work in the arduous manner that is needed to produce the essentials.

Still further, the drinking of alcohol must lead to expenditure upon a non-essential, and cause a lack of money which can be far better used to supply the needed millions to keep the nation going.

So greatly was this felt in the Great War—and was it greater than the present conflict?—that the National War Savings Committee felt it right to put out a very pertinent leaflet in which it said:

“The National War Savings Committee calls attention to the fact that the sum now being spent by the nation on alcoholic liquors is estimated at £182,000,000 a year, and appeals earnestly for an immediate and substantial reduction of this expenditure in view of the urgent and increasing need of economy in all departments of the nation's life.

“Obviously, in the present national emergency a daily expenditure of practically £500,000 on spirits, wines and beer cannot be justified on the ground of necessity.

“This expenditure, therefore, like every other form and

Condensed from *The Menace of Alcohol in War*, by Dr. W. McAdam Eccles, M.S., F.R.C.S., Consulting Surgeon, a publication of The National War Savings Committee of Great Britain. The statement was issued one year and ten months after the outbreak of the present war and from first-hand experience in both world wars.

degree of expenditure beyond what is required to maintain health and efficiency, is directly injurious to national interests.

"Much of the money spent on alcohol could be saved. Even more important would be (1) the saving for more useful purposes of large quantities of barley, rice, maize, and sugar; and (2) the setting free of much labor urgently needed to meet the requirements of the Navy and the Army.

"To do without everything not essential to health and efficiency while the war lasts is the truest patriotism."

If these statements were true then, surely they are not less valid today.

To sum up:

Alcohol is not a necessity.

Alcohol is a luxury with a menace attached to it.

Alcohol leads to inefficiency.

Alcohol tends to lessen the output of work

Alcohol means a diminution of the nation's power to save to lend.

Alcohol is a real menace when the Empire is up against such odds as now.

DRINK REDUCTION IN FRANCE

Wartime restrictions on the drinking of hard liqueur—what the French call "alcohol"—have been increased. Wine cards also have been issued and each person is limited to 10 bottles of table wine per month. There was a shortage during the early fall months and in many regions wine was unobtainable.

The aim of the movement is to put the corner café out of business. Authorities found that the multiplication of cafés since the last war was injuring the health of the nation.

Doctors have started a campaign to prove to the working man that too much light wine is injurious. It was found that laborers frequently consumed five to eight bottles of "pinard" daily. . . . Drinks may be sold only during a limited number of hours daily. . . . The sale of beer is prohibited three days a week . . . stocks of vintage wines are being fast depleted. German preference for champagne has accounted for the scarcity of that vintage.—DAVID HARRAH, *Times-Herald*, Washington, Dec. 6, 1941.

A Disturbing Factor

In Democratic Morale

By EDWARD B. DUNFORD

AT NO TIME since the dark day on Golgotha, have world events presented as clear-cut a conflict between ideologies as they are doing just now. The very title of Hitler's blueprint of objectives, *Mein Kampf*, indicates the selfish philosophy of the "super-man," the "super-race." There is not a suggestion of "Unser Kampf" in it, of any struggle in which the individual counts—except as slave.

But challenging the idea of a "Chosen Race," Christianity follows the Christ who taught the worth of individuals and of their mutual service to society. Our democratic Anglo-Saxon heritage emphasizes both the worth of the individual and the duty of social loyalty. On these principles is founded the Constitution of the United States.

Again today the world faces the question: *Can Democracy be made to work?* Undoubtedly, yes, if the people who support it are worthy of the privilege of making it succeed. And the democratic countries of today will have a greater chance of success if they face frankly, and undertake to meet by democratic principles and processes, the seriously enervating elements in their bodies politic.

Ignorance of Its Meaning

Among the elements of this kind that have an intimate bearing on public morale, physical fitness, and efficiency is that of liquor. An analysis of the problem discloses four fundamental factors: (a) human ignorance, (b) social pressure, (c) the habit-forming character of alcohol, and (d) the profit motive.

Formerly regarded as helpful rather than harmful, offering a *seeming* way of escape from the difficulties of life, the prac-

Condensed from "Mein Kampf vs. Our Struggle for Democracy: the Alcohol Problem and Public Morale," by Dr. Edward B. Dunford, *The Voice*, Washington, D.C., November, 1941.

tice of using alcoholic beverages is centuries old. Early superstition said liquor was good for snakebite. Scarcity of pure water and the ease with which alcohol can be produced contributed to its widespread use.

Ignorance of the problem is now being attacked in realistic fashion by education and science, as have smallpox, yellow fever, and other diseases. Less than sixty years ago the first state law was adopted requiring the teaching in the public schools of the effects of alcohol on the human system.

One result of public education is illustrated by the reduction in quantity per capita consumption that has taken place. In 1913 the per capita consumption of all alcoholic liquors was 22.8 gallons, the highest in the history of the country. National prohibition was adopted in 1920 and repealed in 1933. The number of retail outlets, saloons, in 1913, was 216,000, one for every 420 of the population. In 1941 the number of retail outlets, taverns, restaurants, saloons, was 409,000, one for every 320 individuals. Yet, in spite of the greatly increased number of selling places, the per capita consumption of 1941 was 14.06 gallons, 61 per cent of what it was at its peak in 1913.

This decrease has occurred despite certain changes that might have been expected to produce a substantial decrease. Among these were: (a) Removal of social taboos against the use of liquor by women, thus doubling the number of potential customers of the liquor trade. (b) Advertising by all the new media of publicity. During 1940, \$28,000,000 were spent for liquor advertising in newspapers, magazines, radio and farm journals alone. (c) Increase in leisure time for vast numbers of people.

Other factors working toward lower consumption included: (a) Organized temperance work; (b) efforts of public health officials; (c) emphasis on athletic and recreational facilities; (d) better housing projects; (e) research and study by scientific bodies; (f) the competitive use of fruit juices, citrus fruits, and other healthful products.

Social Pressure

A growing understanding of the real character of alcoholic beverages leads to a gradual lessening or discontinuance of

their use. Many young people are finding that drink provides only a "phony" enjoyment, and are "going on the water wagon." Competition, the struggle for jobs, and the need for efficiency are bolstering a renewed social pressure against drink. While many are continuing to accept drink customs, the once prevalent idea that it is "smart" to do so, is giving way to the conviction that it is smarter to abstain.

Habit-forming Tendency

The narcotic character of alcohol as a beverage has been fully established. "From first to last," says the British Medical Research Council, it is a narcotic drug. "Alcohol is recognized today as a sedative and narcotic," say Bogen and Hisey, American authorities. Dr. Merrill Moore, in a recent paper before the American Medical Association, said: "If one placed in a heap all the wreckage of human lives produced by the *habit-formation* implied in . . . all the narcotic and hypnotic drugs put together, and if one were to balance against them all the *habit-formation of disastrous type subsumed under the term alcoholism*, the scale would shift immediately and unmistakably towards alcoholism."

How is our democracy attempting to solve this problem? "Alcoholics go through our police stations, courts, probation departments, and institutions with very little being learned about them," writes Dr. Austin H. MacCornick, in the *Quarterly Journal of Studies on Alcohol*, Sept., '41. "These methods are unscientific and socially unsound, wasteful of public funds and of human beings alike. It is generally agreed . . . that our present methods not only do not cure or salvage a significant percentage of the persons to whom they are applied, but rather tend to confirm and even to aggravate their condition."

Profit Motives

Various governmental devices have been tried since repeal to curb the profit motive as a factor in increasing alcoholism, principally *legal control laws, taxation, and government monopoly sale*. All are operating defectively. Federal, state, and local liquor revenue is estimated at a billion dollars annually, a powerful incentive to legislators to rely on it in public finance and to give scant consideration to its social costs. There has

also been a tendency to subsidize old age pensions, to provide school funds, etc., through revenue from liquor. The psychological effect of using liquor revenue for these purposes is bad.

Considerations of Immediate Concern

In a democracy eternal vigilance is the price of liberty. Continued progress cannot be made without persistent effort on the part of socially-minded citizens and public officials. Social workers must attempt to deal with the beverage alcohol problem in the light of the latest scientific developments.

A Second World War is on; our country is engaged in a huge program; our men are entering military service; vast sums of money are being spent for armaments and defense. Gigantic problems of economic readjustment and threats of lowered morale accompany such abnormal situations. In times of crisis, such as this, many people seek to overcome their fears by alcoholic indulgence.

Awake to the opportunity, the liquor interests are exerting tremendous pressure to dispose of their enormous stocks, nearly 562 million gallons in bonded warehouses (June 30, '41), the largest amount in our history. This liquor was made to sell. Taverns and night clubs, with their hostesses, entertainers, swing bands, neon signs, and other devices, are doing their utmost to sell it. Some of our most promising youth will be sacrificed on the altar of Bacchus. Only through the exercise of independent judgment by citizens, continued temperance education, and the enactment and enforcement of legislation to minimize liquor abuses can the huge sales promotion efforts of the trade be overcome.

A decision reached by democratic action, on a public question such as liquor, after discussion and debate, by action of the representatives of the people, should afford hope of a more substantial and satisfactory progress than any laws that can be enacted by the whims of a dictator. "*Our Struggle*" is to help the people of America solve the liquor problem in the democratic way.

MUCH OF THE RICHNESS of experience depends upon looking back to vividly joyful memories. I find that the recollections which people seem to retain of alcoholic sprees are muggy and repulsive to them.—Hornell Hart, Professor of Sociology, Duke University.

The Toxic Urge in Daily Living

*Seek the Truth
Come Whence It May
Lead Where It Will*

One Fifth of Motor Fatalities

A DRIVER OR A PEDESTRIAN who had been drinking was involved in 1 out of every 5 fatal accidents, 20 per cent, says the National Safety Council in the 1941 edition of *Accident Facts*.

State summaries showed that 11 per cent of the drivers in fatal accidents (one of each 9) had been drinking. They were involved in 1 out of 6 accidents (16.6 per cent). Of the pedestrians killed, 16 per cent had been drinking, equivalent to 2,000 of the 12,500 pedestrian deaths. The figures indicated that 1 in every 5 adult pedestrians killed had been drinking.

Even higher proportions of drivers and pedestrians have been shown to be under the influence of alcohol in accident surveys employing chemical tests of body fluids. There is, then, considerable reason for believing that the officially reported figures, high as they are, understate the true importance of alcohol as a traffic accident cause.

	INVOLVED IN FATAL ACCIDENTS HAD-BEEN-DRINKING	
	DRIVERS	PEDESTRIANS
1933	5%	6%
1934	6%	8%
1935	7%	9%
1936	7%	11%
1937	8%	13%
1938	9%	13%
1939	11%	15%
1940	11%	16%

Three of a Kind

Experience . . . has demonstrated the necessity of coöperation and joint action of civil and military authorities and voluntary agencies in protecting the armed forces and citizens from exploitation by racketeers who make fortunes out of promoting prostitution, drunkenness, and gambling.—DR. WILLIAM F. SNOW, Director, American Social Hygiene Association.

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Primitive Cult

Alcoholism in this culture is typically a pursuit of the pleasure principle on the most primitive level, the only one which they can recognize . . . because people are too engrossed in drinking to develop the arts of life. Commitment to one form of gratification has blotted out every other possibility.—RUTH BUNZEL, *The Role of Alcoholism in Two Central American Cultures*, *Psychiatry*, (1940) 3:361.

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Decreased 70 Years; Increased 9 Years

In the last seventy years not only has the consumption of spirits and beer per head declined, but the amount of absolute alcohol consumed has declined by more than half, and proportionately more beer than spirits is being drunk. An additional factor is that during the present century the alcoholic strength of beer has also declined. The conclusion seems not only justified, but also inevitable, taking the increase of population into account as well, that Britain is freer from intemperance in 1941 than it was in 1871, or in 1914.

This is far from saying that it is yet a sober country, or that the situation is free from peril. The tide of increasing sobriety turned in 1932, and there is more drinking and more intoxication now than then. The growth of drinking among the new generation gives cause for deep anxiety. Therein lies the danger for the future. A new generation of drinkers may well be on the way. Nevertheless, for the change since 1871 and since 1914 we ought to register our thankfulness.—*On Active Service*, London, Sept., '41.

STRONG MEN never seek liquor. Liquor is a crutch for lame ducks, and you may tell the smart set so, with my compliments.—E. Stanley Jones.

NARCOTICS EDUCATION

(Continued from Page 70)

along other lines. The creation of desirable attitudes and habits of conduct with reference to narcotics is, therefore, to be regarded as a part of a total program for the achievement of a social order of justice, freedom, defense, security, and happiness, which, after all, is the big aim of all education in a democracy. The school must accept its part of the great responsibility involved here and now.

According to Internal Revenue reports for 1940, the average consumption of alcoholic liquors in the United States was a little over two pints per week, almost double that of 1934 when it was a little over one pint.⁷ A student of the present scene has asked in all seriousness, "How long before America reaches France's lethal dose?" On its face the question seems absurd; but is it?

Few intelligent persons, we believe, will question the statement that alcohol is consumed by more persons in the United States today than a few years ago. Drinking among women and youth has been widely accepted as social custom for the first time in America. The problem has been intensified by the application of modern scientific methods to manufacture and distribution, and by the utilization of the latest advertising methods to stimulate sale and use. An economic system dominated by the profit motive is likely to sanctify the development of exploitative industries, and to become indifferent to the personal and social demoralization created by the use of such a product as beverage alcohol in a highly mechanized and closely interrelated society. The growing problems resulting from exploitative advertising are problems that vitally affect us all, but *especially young people* and their future.

When the present magnitude and significance of this exploitative phase of the problem is better understood, and when it is seen how inextricably the whole problem is bound up with that of national defense, a moral collapse similar to that of France is not inconceivable.

Discounting professional pessimists, eminent scholars are pointing out moral and national weaknesses that require attention. Professor Pitirim A. Sorokin of Harvard, speaking

recently before a national conference of sociologists, said:

"One side of our culture professes a firm belief in the possibility of limitless progress, based on man's ability to control his own destiny, to eradicate all social and cultural evils, and to create an ever better and finer world, free from war, strife, crime, poverty, and insanity. But the second phase of our culture is the degradation and dehumanization of man. With this comes the debasement, distortion, and desecration of all social and cultural values. If the first façade glorifies man as a divine hero, the second face strips him of anything divine and heroic.

"There is need of a complete change of the contemporary mentality, a transformation of our system of values, and a profound modification of our conduct toward each other."⁸

As comment on the problem at hand, we note a statement by Dr. Thurman B. Rice, Professor of Bacteriology and Public Health, Indiana University, who lists the great racial poisons of the world as "alcohol, tuberculosis, syphilis, gonorrhea, and modern warfare, because of their severity, their peculiar nature, their very general distribution. . . ."⁹

Certainly in this time of crisis we need to re-evaluate American social and cultural drives and to take upon ourselves a more vigorous and stronger moral armor. We need to be aroused completely and made mentally, morally, and physically alert.

Narcotics Education in Emergency

Leaders of education indicated far in advance of the war that they stand ready to do their part in the program of national defense, and efforts are now being made on a thousand fronts to insure that all educational institutions play well their part in the national emergency. A year ago the theme of the national convention of School Administrators of the National Education Association was "To Provide for the Common Defense." More than a year ago a state conference of educators and business men met at the University of Florida to consider the special services that the schools might render toward national defense. The consensus of opinion of the four hundred persons present was that the best service of the schools was to see that children and *youth now in school should not*

receive an impaired education because of an emergency. The point of view of those in attendance seemed to be that "he whose full potentialities have been developed is best prepared for any emergency."

But what has this to do with narcotics education? Properly understood, narcotics education is as directly concerned and admixed with problems of national defense as is any other phase of the school problem. It has been indicated that vocational guidance, health, and citizenship should be given *even more* attention during periods of emergency. These are the same problems with which any adequate program of education on alcohol and other narcotics is concerned. Every fundamental aim and concept of general education today can be more nearly achieved, resulting in changed lives of youth and adults, if adequate recognition is given to the importance and proper place of narcotics education in the general program. Several states are making fresh attempts to do this; among them are Mississippi, Ohio, and Florida. Others have shown by recent programs that they realize that the narcotics problem, with particular reference to alcohol, is of paramount importance to the nation at this critical period.

What are the broad purposes of education and what are our responsibilities as educators at this critical period in our history? Without pretending to know the complete or final answer to that question certain observations can be made. It is apparent that as educators we must be more vitally concerned with the problems of real life, including vocational employment of youth, recreation for people of all ages, active leadership in the development of the capacity in youth and adults to live democratically together. Education must help children to become more socially minded, resourceful, independent, and self-guiding. It is the definite responsibility of education to develop citizens with sufficient social intelligence to overcome the difficulties facing our nation, at home and abroad. And make no mistake about it, the continuance of our democracy itself depends upon our success in doing just this. Such ideals and aims may never be fully achieved, nor are they the responsibility of the school alone, but the school wants to and must do its part toward the achievement of a social order of justice, freedom, security and happiness for all. If in this

"burning present" we cannot afford to block any approach to this golden ideal, certainly we cannot ignore narcotics education. There is a real and significant connection between rightly understood education in this special field, the general welfare, and national defense.

The school then must take its proper place in seeking solution of what is publicly admitted to be a very serious problem made dangerously more serious in the present time of emergency. Dean Payne of New York University, in speaking of the narcotics problem, said: "No ultimate solution can be attempted or attained without the inclusion of education among the social forces involved." Education, he tells us, is the most fundamental factor in social control, without which all other factors will prove futile.¹⁰

Practice of Narcotics Education

Our emphasis from this point will be on the practice side of narcotics education. "Everything I am trying to build up as an educator," said President George B. Cutten of Colgate University, "alcoholic drink tends to tear down. The results of a college education and consuming beverage alcohol are represented by opposite poles."¹¹ "When America's keenest minds are using the newspapers, the magazines, movies, and radio to entice youth to drink whisky, smoke more cigarettes, and make heroes of criminals, those youth should hear the other side of the argument from someone," said Roger Babson,¹² regarding general community education.

As a beginning toward achievement of the education now needed, Professor R. E. Mendenhall, Director of Teacher Training, Otterbein College, referring to college educational activities on the alcohol problem, suggests certain definite plans:

"Much that could be taught in the regular classes is now neglected. The reason may be ignorance, indifference, or fear. An adequate program will need the coöperation of all members of the faculty. If the information comes to students through the normal channels of courses in biology, hygiene, psychology, physiology, economics, sociology, history, home economics, ethics, etc., they will absorb it and accept it. Our problem is to get the proper information launched into these

Diverting in Normal Times

What Is It in War?

A MENACE TO SOCIETY lies in the so-called moderate use of alcohol, which among the great mass of people who use it daily, but in moderation, results in diverting these people from other sources of an upbuilding and constructive character. How much latent capacity for achievement, for adjustment, for business, social, scientific and artistic success have been *narcotized and suppressed* through a whole life-time by alcohol, we shall never know, but we know enough about its influence to be sure that it has thus maimed and crippled many millions of lives.

—EUGENE LYMAN FISK, MD., Medical Director,
Life Extension Institute.

channels. Surely the knowledge of the results of a cocktail has as much potential value as the habit of brushing one's teeth; yet thousands of children from kindergarten up, are being frantically urged to brush their teeth thrice daily by teachers who never mention liquor."¹³

This quotation from a college professor in regard to college classes sums up the why and what of the entire narcotics education program, on whatever level. But such a program cannot be taught effectively or even understood until we have teachers who are trained properly, who have scientific, exact knowledge of what narcotics are and what they do; teachers who have sought and discovered for themselves facts, relationships, and effects. To remedy this situation is the first step to be taken toward the goal of effective narcotics education for the youth of the country as a whole.

Comprehensive Programs Required

It should now be evident that narcotics education begins with the narrow, exact scientific phase, and from that point

spreads and branches out to include a field as broad and as complicated as life itself, and presenting just as many stimulating, intermingling problems.

"The neglect of the subject in recent years now makes special emphasis desirable," says a report of the National Education Association. This report went on to indicate, as significant education material, the part drinking plays in fatal traffic accidents, what insurance companies have learned, and the part that modern advertising plays in enticing young people and adults to drink. It was stated that "in many communities no voice is raised to give youth the facts," that while all states have laws requiring that the effects of alcohol be taught in the public schools, only in seven states do the laws require that instruction shall be furnished in teacher-training institutions. The conclusion is that "obviously, more and better instruction in this field is needed on the elementary, secondary, and college levels."¹⁴

Such is the challenge thrown out by the National Education Association. This old problem with its ever recurring and new manifestations constitutes, today, one of the new "frontiers of Democracy"; and just now, additional recognition should be given it as a problem of fundamental importance in national defense.

In attacking the problem we must have truth and understanding, both of which are within the realm of education. The truth will be discovered through the natural and social sciences. The facts must be permitted to speak for themselves in the conviction that truth is the most effective instrument available. Such education should parallel or become a part of all education for health and the prevention of accidents, to mention only two fundamental channels. All education in a democracy should be in direct conflict with those elements in society which seek to exploit human weakness; which degrade personality or reduce intelligence in any manner whatsoever; or which prevent persons from achieving their highest development. Taken into the body, alcohol invariably does one or more of these things, and in direct proportion to the amount consumed.

Narcotics education in our schools, until recently has been haphazard or lacking entirely. What should be done? In the

first place, every teacher-training institution in the land should offer a required course that would give the needed training to all prospective teachers. A similar course should be available in each summer school that offers courses for teachers. Six such courses were given last summer in American colleges and universities.

Education is taking more and more recognition of the necessity of in-service training, of group study and planning by local faculties, and such activities are becoming increasingly popular. The need for such planning in individual schools is stressed because of the conviction that the whole program of a school must be seen before planning any one of its parts. Many State Departments of Education have published—or are working on—bulletins having to do with narcotics education. In using such a bulletin a satisfactory answer should be sought to the question, "How can we best utilize its suggestions in our particular situation?"

Before starting to plan classroom projects, units, problems, or whatever we may call them, the reading and discussion of recent books and pamphlets on the general subject of alcohol, other narcotics, and narcotics instruction, is essential. This background study by teachers is of basic importance. In a difficult and generally considered controversial subject, such as alcohol, subject matter and background must be thoroughly studied and well understood by the teachers at the outset.

There has been confusion as to the grade level for beginning narcotics education. As teachers we sometimes attempt to evade our responsibilities by assuming that certain instruction is above the age level and understanding of the pupil. For instance, let us consider elementary health instruction. The tendency seems to be to disregard many of the deeper issues of the health problem, such as racial hygiene, mental and nervous hygiene, narcotics education, degenerative diseases, and the use of professional health services. The greater truth would seem to be that large numbers of children need just such instruction exactly because they are faced with such problems in the home, the neighborhood, or through friends or relatives. The teacher will feel an added responsibility toward attacking such difficult problems as alcohol, if she considers the high percentage that drop out of school all along the

line. Only half of our adults over twenty-one years of age have had more than an eighth grade education.

At the secondary-age level narcotics education is concerned with the social and economic aspects of the problem, based, however, squarely on the scientific phase. In general, narcotics education is based on these educational principles.¹⁵

1. Begin with what the class knows, proceed in an orderly manner to what they do not know.

2. Approach the understanding through the eye as well as the ear.

3. Be impersonal and positive, that is avoid negative, dogmatic, and irritating words and phrases.

4. Appeal to reason and intelligence rather than emotion.

5. Lead the members of the class to their own conclusions and to stating them in their own words.

A Review of Experience

It is difficult of course if not impossible to evaluate the results of such instruction as that related to narcotics at the time it is given. It would be unwise doubtless to attempt to do so. But this much may be said. In the school in which we undertook, two years ago, such a comprehensive program of instruction as has been suggested here, we were amazed at the interest and enthusiasm and spirit displayed by the students of all grade levels. The fact that the teachers all undertook to study and discuss the whole problem, before taking it to their class rooms, accounts to a large extent for the interest they were able to inspire in their classes.

In looking back over the projects, one thing stands out clearly; it is the noticeable fact that the general attitude of pupils and students toward alcoholic beverages has changed a great deal since this work was done in our school. With a number of individuals it has changed tremendously. The teaching has had some direct and a great deal of indirect influence on the outside community. Out-of-school boys and older people no longer drink in or around school property. They do not even come near the school grounds when they are drinking. The instruction in the school has been a definite and material help in the community—a resort community where drinking is “usual and accepted.” Our activities, we believe, have been a

worthy part of the contribution of the school to total defense, and at the same time a forward step toward the ideal of the "good life" for all.

We believe in this educational cause and fear the potential danger that lies in the problem it seeks to solve. We must all increasingly "do our bit" toward the end that no American editor ever will feel called upon to say in truth and candor about his and our country what a French editor once, not so long ago, said about France. It was in 1925 that the famous editor, Payot, wrote in Paris, words which went unheeded and even scorned by his beloved country, as she thoughtlessly continued her "dance of death" straight toward the precipice of 1940. The French editor wrote these words:

"Alcoholism, under the indifferent eyes of the authorities, is indeed destroying our nation. . . . I solemnly affirm that from now on one might inscribe on the windows of all the public-houses in France these fateful words: *Finis Gallia*.'"¹⁶

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Tag Whisky 'Dangerous'?

A Proposal for Changes in Methods of Sale

By LEO ALEXANDER, M.D.; MERRILL MOORE, M.D.;
ABRAHAM MYERSON, M.D.

THE PRESENT METHODS of sale of alcoholic beverages appear to us to run afoul of the Federal Food, Drug and Cosmetic Act in two important respects and for several cogent reasons. First, there is no doubt that alcohol is both a food and a drug according to the criteria of the Federal Food, Drug and Cosmetic Act. It is a food because it serves as drink to man, and it is a drug because it is included in the U. S. Pharmacopœia. . . .

Second, in our opinion, there can be no doubt that alcohol sold in whatever form as a beverage may be habit-forming, and the textbooks of medicine list under the heading of alcoholism and alcoholic diseases a large group of disorders of the body and of the mind which are causally related to the use of alcoholic beverages and specifically to its habit-forming and dangerous qualities.

We appreciate the fact that the term "habit-forming" is variously used and may mean anything from simple habit formation to addiction in the narcotic sense. We use the term here in its general connotation. We appreciate also the fact that certain personality types are more or less "addiction-prone" and that emotional impulses and other factors underlie or are associated with the formation of the addiction pattern. At the same time we are aware that methods of sale and distribution and other social factors as well as the drug itself play important parts in the complex of habit formation. . . .

Every bottle of alcoholic beverage and especially of the stronger drinks violates the spirit, and we believe, the letter of

Delivered at The American Medical Association Meeting, Cleveland, Ohio, June 4, 1941.

the law, namely the Federal Food, Drug and Cosmetic Act, in that it contains a substance which may be habit-forming and may bring about disastrous effects, if unwisely used, to the purchaser without so stating on the label. There is no question but that the most important and widely-used habit-forming drug of western civilization and certainly of America is alcohol. Irrespective of what anyone may claim about underlying personality problems in the chronic alcoholic addict (with which we might agree) the fact remains that without alcohol taken to excess alcoholism does not occur. And it cannot be denied that methods of advertising, sale and distribution as social factors, play an enormously important part in the production of alcoholism.

If one placed in a heap all the wreckage of human lives produced by the habit-formation implied in morphinism, cocaineism, barbiturate addiction, and all the narcotic and hypnotic drugs put together, and if one were to balance against them all the habit-formation of disastrous type subsumed under the term alcoholism, the scale would shift immediately and unmistakably towards alcoholism.

One of the innumerable studies in this matter is that of Alexander, Moore and Leary, which showed that alcohol caused not only more deaths than any other toxic substance, but more than all of them put together.

Therefore, there can be no question that if the Federal Food, Drug and Cosmetic Act is designed to prevent, and to protect the American public and its health from the menace of drug intoxication and addiction, then it should apply to alcohol as its first drug of choice, instead of neglecting and ignoring it altogether. . . .

In our opinion, the realistic enforcement of this act, would be a particularly important force for the gradual education of the public to temperance. It is peculiarly fortunate that this act, if properly applied, would compel the liquor industry to carry on propaganda for temperance on their own liquor bottles. Though such a warning label would certainly not deter a confirmed alcoholic in the late stages of addiction, it might certainly do a great deal for the prevention of alcoholism. For anyone who reads such a label, and who has not yet become an

alcohol addict can be aided to realize that he is ingesting a powerful substance which can readily get him into trouble physiologically, psychologically, and socially.

Many authors have agreed that the attitude of the community towards excessive alcoholism is the main determining factor working for or against the production of excessive alcoholism in the community (*e.g.* Myerson). A sensible warning label will probably exert a wholesome influence upon the attitude of the community. At present only those who want to be enlightened can be reached by any educational program, and we can think of no better vehicle for carrying education to those who need it most than the label of the liquor bottle itself. The warning label should be sensible and sane, that is, free from exaggeration and yet explicit in its statements.

IN SPITE OF OUR INTELLIGENCE—

In spite of our vast amount of established fact, and our so-called intelligence, it is still very "human" to imitate the social practices of others, good or bad, if such practices represent the accepted style of the moment. It is easy to take the view that nothing is wrong, if "everybody's doing it." However, our present trend toward drinking indicates *intellectual and cultural immaturity*, rather than degeneracy.—HOWARD E. HAMLIN, Superintendent of Health and Narcotics, Ohio State Department of Education.

MANY DRINKERS defend alcohol as a means of obtaining thrilling excitement. But I shall find my thrills by keeping my mind keen, my body vigorous, my memories delightful, my friendships sound, and my self free from enslavement to habit-forming drugs like alcohol.—Hornell Hart, Professor of Sociology, Duke University.

GETTING "TIGHT" really means getting loose, for the main factor which makes a reasonable, well-organized personality, inhibition, disappears when intoxication begins.—Dr. Abraham Myerson, "Science" News Letter.

OF ALL DRUGS influencing complex mental processes, alcohol is far and away the most versatile, with marihuana running a poor second.—Robert S. Carroll, M.D., "What Price Alcohol?" 107.

RECENT PUBLICATIONS OF MERIT

Beverage Alcohol Problem in General

WHAT PRICE ALCOHOL? by Robert S. Carroll, M.D. Preface by Adolf Meyer, M.D. A recent survey of the latest scientific understanding of the problem of alcoholism; re-orientes the cause and treatment of alcoholism among the privileged classes. 1941, 362 pages, \$3.00. The Macmillan Co., 60 Fifth Ave., New York, N. Y.

ALCOHOL AND MAN, Haven Emerson, M.D., Editor. Sixteen chapters by leading scientists; a comprehensive survey of scientific information and opinion on physiological, psychological, chemical, health, and related phases. 1932, 451 pages, \$3.00. Macmillan Co., New York, N. Y.

WHAT ABOUT ALCOHOL? by Emil Bogen, M.D., and L. W. S. Hisey. An attractive volume giving in 17 brief chapters, the latest scientific information adapted to high school levels; especially useful to teachers and students. 1939, 94 pages, \$1.50. Angelus Press, 1240 S. Main St., Los Angeles, Calif.

ALCOHOL AND TRAFFIC, by Samuel R. Gerber, M.D. A factual, scientific and authoritative discussion of the influence of alcohol in highway traffic; based on experience as Coroner at Cleveland, Ohio. Charts and graphs, 64 pages, 40 cents. Better Book Press, Sta. B., Columbus, Ohio.

THE ALCOHOL PROBLEM VISUALIZED by the Editorial Committee of the National Forum. "Visualized" is its distinctive characteristic—vivid, dramatic, highly illustrated, yet scientific, objective, factual. The most important facts, findings, and figures of specialists. Second edition, 1940; 96 pages; 75 cents. The National Forum, 417 S. Dearborn St., Chicago, Ill.

Education, Instruction, Discussion

A SYLLABUS IN ALCOHOL EDUCATION by Bertha Rachel Palmer. A compact and complete digest of latest scientific information. Sixth Edition. Completely revised, 1941; 25 cents; \$2.25 per dozen. National W. C. T. U. Publishing House, Evanston, Ill.

ALCOHOL; ITS EFFECTS ON MAN, Haven Emerson; authoritative, concise; 1934, \$1.00; D. Appleton-Century Co., New York.

Suggestions for Teaching the Effects of Alcohol and Other Narcotics, John A. Permenter, Bulletin No. 22-k, Florida State Department of Education, Tallahassee, Dec., 1941.

Bulletins by Howard E. Hamlin, Supervisor of Health and Narcotics, Ohio State Department of Education, Columbus, Ohio.

Straight Thinking on Narcotics, Almack, John C.: 1940, 175 pages, 85 cents; Pacific Press Assn., Mountain View, Calif.

Alcohol Talks to Youth, Hamlin, Howard E.; revised, 1938; 25 cents; School and College Service, Sta. B., Columbus, Ohio.



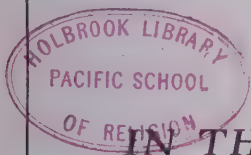
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FEBRUARY
1942

THE
INTERNATIONAL

STUDENT

OF LIQUOR IN LIFE TODAY



IN THIS NUMBER

HAVE WE FREEDOM OF CHOICE?
DISCUSSION vs. PROPAGANDA
INTELLIGENT SUBSTITUTES
CREATING "DRINK" ATTITUDES
SLIDING SCALE OF ENJOYMENT



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THE INTERNATIONAL STUDENT

FEBRUARY, 1942

Vol. XXXIX, No. 4

HARRY S. WARNER, *Editor*

OBJECTIVES FOR 1942

SEEK the Truth fearlessly, wherever it may be found, wherever it may lead.

Promote and provide material for study, discussion and instruction on the *Liquor Problems of Today*, making it available especially to colleges and other institutions of higher education.

Cooperate with and encourage faculty members, student leaders and workers among students *in taking leadership* in a new educational movement on these problems in the community and the nation.

Examine—and evaluate—the conventional thinking, assumptions and social customs that give support to alcoholic culture and alcoholism.

Give attention to the social and national welfare aspects of the problem of alcohol, to the *concern that sees beyond self and group* to the health and safety of society.

Aid in the creating of an educational leadership toward solution of the problem in America and the world.

Specifically: Make *easily accessible*, through THE INTERNATIONAL STUDENT and pamphlet publications, the latest and best information to accomplish these purposes.

THE INTERNATIONAL STUDENT is being distributed in Montana by the State of Montana Temperance Commission, pursuant to the laws of Montana, 25th Session, 1937, chap. 201.

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Have We Freedom of Choice?

By MARY ROSS POTTER

THE STATEMENT has been made, presumably by persons who have a right to the opinion, that 50 per cent of the use of alcoholic beverages is the result of propaganda.

Such a statement at best, can be only conjecture. But if modern advertising and other propaganda do not greatly increase liquor sales, a prodigious amount of money is going for naught. It is estimated that \$215,000,000 has been expended by the liquor business in newspaper, magazine, radio, movie, carcard, and billboard advertising since repeal, not including that by 400,000 retail places.

Desire Had Slumped

It is well known that the brewers and other manufacturers expressed great disappointment, after repeal, over their failure to reach their pre-prohibition level in sales. Someone added, "Either bootlegging is getting the business, or prohibition has broken America of the liquor habit." Both were true. Bootlegging has been rampant since repeal, having the advantage over licensed sellers of avoiding taxes. The percentage of bootleg liquor sold, as compared with the sale of licensed liquor, is variously estimated, some authorities even saying that it reaches 100 per cent. And what of the liquor habit? With all the deplored "hip-flask toting" and adventurous drinking of one kind and another, a generation had come up, after thirteen years of prohibition, who did not have the liquor habit;

Dr. Mary Ross Potter was for years Dean of Women and Counselor of Women at Northwestern University, Evanston, Ill.; also, Dean at Monmouth College and Teacher of languages at two Illinois state colleges. A member of Phi Beta Kappa she has advanced degrees from Illinois Wesleyan and Boston Universities.

and who, bearing out the findings of scientists that to no living creature is the taste for alcoholic beverages natural, did not take readily to the newly-granted privilege of their use.

Renewing Desire and Markets

Something had to be done; and something was, and still is being done, with so great a measure of success that the report came in the third year of repeal that "nothing approaching the figures (of increase) of 1936 was ever known in American history." Ingenious sales promotion efforts still function; and whether or not the volume of sales has reached the goal set—by the brewing industry alone it was 50,000,000 barrels a year—the per capita consumption of alcoholic beverages of all kinds continues to mount until today, according to figures gleaned from reports of the Internal Revenue Bureau, the American people are consuming approximately 2,000,000,000 gallons of alcoholic beverages each year; which means a per capita consumption, for every man, woman and child, of more than fourteen gallons.

Physicians, one might say almost universally, have repudiated the use of alcohol as medicine, in favor of other non-habit-forming curatives which serve the same purpose. From the common cold to snake-bite, no ailment requires alcohol for its treatment, in the judgment of the medical profession generally today. Report even has it that the great St. Bernard dogs, which seek travelers lost in the mountain passes of Switzerland, carry now in thermos bottles around their necks, not the time-honored rum, but hot coffee. Athletic coaches, circus aerialists, parachute jumpers, singers, technicians with need for clear heads and steady hands and accurate nervous coördination, with one accord hoist the sign, "No alcohol." No amount of rationalizing can alter the fact that approximately the same amount of pure alcohol is contained in 1 pint of 4½% beer, 1 glass of 8% (very light) wine, and 3 "fingers" of 50% whisky; and no amount of wishful thinking can counteract the proven testimony that in even that small amount of alcohol, however taken, lies the cause of many a preventable highway and industrial accident, of countless errors of judgment and of failure of nervous coördination.

In the face of this and volumes more of evidence, the in-

crease in drinking can scarcely be accounted for by the operation of the law of supply and demand. The testimony on the part of the disciples of human fitness could but be met with a sales stimulation program on the part of those whose sole interest is to increase the revenue from liquor.

The art—or more accurately the science—of propaganda is an interesting study. We are flooded, daily and hourly, with advertisements, through newspapers and magazines, by radio and roadside billboards; many of them legitimate. We are exhorted to buy So-and-so's pills, to "enjoy our hair with Kreml," to follow Jack Benny in his particular brand of coffee. Wheaties is "the breakfast of champions," purported to have been so appraised by a certain successful athlete; whether without his knowledge or by some advantageous arrangement with the athlete, is not known. Just what part any special kind of cereal would play in the making of a champion is rather a hazy question. Anyway, mother can use the athlete argument to persuade little Johnny to eat his breakfast-food. And that, too, is propaganda; propaganda may be used for good as well as for unjustifiable ends. Two interesting cases are on record within the year, in each of which an athlete brought and won suit against a brewing company for use of his picture in an advertisement of beer.

Who Is a Propagandist?

The Institute for Propaganda Analysis in their report of June 28, 1941, gives this definition: "Propaganda is a method of rationalizing the facts so as to make the propagandist's cause seem well sanctioned, customary, or in accord with prevailing moral views, or so as to make a rival cause seem the opposite, if the propagandist's aim is to kill it." The report goes on to state that it "aims not to tell its readers what to think but—and to learn themselves—how to think." Among the suggested questions which may be asked as a means of clarifying one's thought are these: Who is the propagandist? What are the propagandist's interests? Do his interests coincide with the interests of most citizens? For our purpose here the first two questions already are answered. On the answer to the third hinges the right of the liquor traffic to live or die. The legitimacy and the effect of the methods which it

employs in order to live—and live with increasing lavishness, as it proposes to do—are the subject under consideration.

Advertising Appeals

One need only glance through the daily paper, and the magazines which lie on the living room table, to realize the subtle cleverness, the appeal to the artistic sense, the general appeal to the emotions rather than to the intellect, which the liquor advertisements represent. And here, in fairness, it should be stated that a goodly number of both newspapers and magazines in the nation refuse liquor advertising. The four great radio networks and the Canadian Broadcasting Company some time ago refused to carry such advertising; though the local stations cannot be so controlled.

If this article had been written two years ago, it could have been more racy as far as public advertising is concerned; for the claims openly made for liquor in those days, but now under federal ban, made choice reading—"for food," "for health," "for milk for nursing mothers," "dilute (a fruit toddy) for children's parties," and what not. Calvert Whisky advertised that "the successful business man chooses hard liquor for a clear head"; today perforce, the claim has dwindled to the simple statement, "clear heads choose Calvert"—done however, in striking fashion, with attractive coloring. Still, under closer surveillance of Federal Liquor Administration, which seems honestly trying to keep the ambitions of the traffic within bounds, we see billboards with pictures of beautiful women—Virginia Dare (probably not an authentic portrait, but very lovely) advertising a brand of wine; a fine-looking girl holding high a glass of Fox DeLuxe Beer, the girl (amazing combination!) with a pair of aviator's goggles on her brow, an airplane soaring overhead.

There is the appeal to social prestige: "for the beer-drinker with the cultivated taste"; "whenever you entertain, make it a Distinguished Occasion by serving this Distinguished Whisky." There is the utilizing of holiday tradition: for the Fourth of July, "The American taste declares its independence. Try 'The Original American Gin'!"; for Father's Day, 1940 a picture of a smiling lad whose appeal is instantaneous, writing a

(Continued on Page 118)

Discussion or Propaganda: Which?

Editorial by HARRY S. WARNER

THERE IS AN EMPHASIS and method—largely new in the century-long effort to solve beverage alcohol problems—that may well be made with strategic advantage, in the present liquor situation in the United States. It is one that has in it *unlimited possibilities of creative thinking and leadership service.*

It is to “face the facts” as they are; the whole basic range of attractions and consequences of alcoholic drink in society; to face them anew as they stand out today; to analyze them, pro and con; to trace them to their sources, and to do all of this in discussion, find-the-truth, decide-for-yourself fashion, a technique and method of modern education.

“Young people of the present day like to be shown two roads and, having been shown these roads, like to make up their minds for themselves,” wrote a college president recently to this editor. “Education is the proper way to deal with the alcohol problem in the minds of youth.”

But this comprehensive, all-over, approach to the highly controverted problems of alcoholic desire, production, control, or suppression has not received the attention it should among the earnest attempts of the past to find solution. It is relatively new, even in the field of education; it comes to the front now as a tested scientific process that should be adopted widely in place of what is known as propaganda. It fits the temper of the day, and of approved techniques in education. It has realistic value for the near future, when made under educational auspices.

Situation to be Studied

Widely the impression is growing, this year, that alcoholic excesses are increasing; that present-day methods are not suf-

ficient; that heavy drinking, more concealed than in the past, is widely diffused; that younger adults and young people accept social drink customs to an extent never heretofore known in this country; that people of middle-age give approval in social groups where liquor was disapproved both in the days of the saloon and under prohibition; that accidents and death from drinking driving and drinking walking are far greater, according to National Safety Council records, than is revealed by news reports; that the supply of matured drinkers, as shown by the stream of recruits entering sanitariums, drink-cure homes, drunkard farms, psychopathic hospitals, jails and prisons, is increasing—an accumulating mass of degraded humanity.

Significance of Social Attitude

By DR. ABRAHAM MYERSON

IT MUST BE TAKEN INTO ACCOUNT that the social attitude toward the drinking of alcohol is one of the most important things in our civilization.

Thus, alcohol is the drug used to enhance good fellowship and to evince gaiety and celebration as well as ceremony. In other words, to class it simply as a drug of escape, or for the purpose of bringing about oblivion, is only expressing one phase of its psychologic use. The other phase—celebration and ceremony—is of great value for us to understand. Moreover, the measure of personality worth has, to a certain extent and in large segments of the population, become the ability to handle alcohol—in other words, to be able to drink large quantities. The whole attitude of society toward the use of alcohol and toward the alcoholic patient has become decidedly ambivalent.

This total pressure must be met by social means, social re-education and social legislation, as perhaps the most important parts of the prevention of alcoholism.

Dr. Myerson is Director of Psychiatric Research, Boston State Hospital. The above is from "The Social Pharmacology of Alcoholism," an address at the Symposium on Alcoholism, Philadelphia, Dec. 29, 1940.

Discover the Sources

It is not sufficient to promote highway safety, to stop drinkers from driving and tipsy walkers from walking, to restrain heavy drinking, or to cure "problem drinkers." All of this—and much more—is good curative service

But why not go further—to the sources—ask and discuss freely such questions as: What are the satisfactions that men seek when they drink? What do they get when they obtain them? Why create a desire for narcotic pleasure in the first place? Should social drink customs be accepted, or questioned? Where do they come from? How are they made popular? How strong is the force of profit-seeking back of their popular promotion? What about narcotic pleasure as a source of gain? What are the costs? Who pays them?

Identify Social Prestige

Should influential society lead the community into practices that result in disaster to millions—to those very millions who feel most a need for what alcohol seems to give? In modern civilized society, as Thorstein Veblen, the economist, said, "the members of each stratum accept as their ideal of decency the scheme of life in vogue in the next higher stratum, and bend their energies to live up to that ideal."

For the future, programs of improvement and solution must include that form of education which brings together all the sources and consequences of alcoholic liquor in daily life, discusses them freely in an atmosphere of "give and take," applies the results of recent scientific investigation, and seeks to obtain a comprehensive picture of liquor in everyday life, social, economic, moral as well as personal and physical. To be accurate it will include necessarily the far-reaching consequences of alcoholic pleasure in influential society.

Why should not the prestige of social drinking be questioned—the drinking at alumni banquets, formal dinners, cocktail parties, the clubs of "big business" and lesser business, the afternoon gatherings of the socially élite? Why should not these customs be evaluated in the light of scientific knowledge? Of practical experience as to how they dominate the lives of millions who follow unthinking the fashions of the "privileged"? Why not analyze realistically—or debunk—the wel-

ter of literary and social traditions that have grown close around the milder stages of alcoholic intoxication? Such a service can best be given by college and university leaders, for the college community, the state and the nation.

Colleges, Educators, to Lead

Such educational discussion calls for the leadership of those who have the special knowledge required, and experience in group, class, and audience discussion. It may not all be education in the sense of instruction. It is the self-education of all who are willing to think for themselves. Utilizing dependable information, it will create occasion for united thinking and action, challenge conventional drinking and create intelligent public opinion. It will face the problem at its *most popular and least excusable* source, the social customs of those who give alcoholic pleasure the prestige that multiplies its use, and the liquor traffic an atmosphere in which to exploit youth and older people alike.

Propaganda by Cartoon

NEWSPAPER CARTOONISTS cannot imagine a meek non-drinker. Perhaps some of them never met a non-drinker. You can live a long time in a foreign country like New York without meeting one. What you don't know you have to imagine, and the cartoonist therefore imagines the non-drinker as a joy killer, sour looking Puritan, wearing a black stovepipe hat and carrying an unappealing umbrella. The fact that Puritans drank heavily at funerals and weddings, not to mention other occasions, doesn't bother the cartoonist. Nor does he raise any questions about the joy-killing of those whose joy dies unless kept alive by narcotic drugs. The non-drinker is a joy-killing Puritan, and that's that. The cartoonists' stereotype seems to have become established in the public mind—EDGAR S. BRIGHTMAN, *Christian Century*, Oct. 1, '41.

ENERGIES and emotions must be organized and directed toward such great achievements in reconstruction of this ailing world that there will be no desire to escape from self—no desire for liquor.—E. Stanley Jones,

Are There Intelligent Substitutes

For Beverage Alcohol?

By DR. A. C. IVY

ALCOHOL GIVES TEMPORARY relief from worry; abolishes mental tension; disguises difficulties; relieves a feeling of inferiority; makes a weak person feel strong; an ignorant person feel smart, a poor person feel rich, an oppressed person feel free, a bad person feel good, and makes one imagine himself a good driver who may be potentially a motor car murderer.

But it is very poor policy to play with fire or with fire-water. It is dangerous to play with a habit-forming poison or narcotic such as alcohol. Alcohol depresses the critical and most sensitive faculties of the brain. Alcohol disturbs normal motor control. Alcohol affects memory and learning. Alcohol is a direct and principal cause of several types of mental disease. The drink habit is usually formed in early adult life and continues for several years before mental breakdown, principally between the ages of 40 to 55, the prime period of life.

A person should have a more intelligent and less dangerous way to escape from worry and to relax. I do not have to take a narcotic like alcohol to forget my worries and to relax from the tension created by business of the day. I would suggest that the ideal substitute for alcohol is a hobby, by which I mean a pursuit which absorbs one's interest without unduly exciting the emotions. If one permits a hobby to unduly excite the emotions, then one has an "impassioned hobby," which is as deleterious to mental and bodily health as any other nerve-racking

Dr. A. C. Ivy is Professor of Physiology and Pharmacology, Northwestern University School of Medicine, Chicago, Ill. The article is condensed from an address on "Why People Drink" at the Seminar on Alcohol Education, National W. C. T. U. Headquarters, Evanston, Ill.

pursuit. Everyone knows of several pursuits, which causes them to relax and to escape from the worries and anxieties of the day. Sport and "nature," a walk in the woods, or park, are usually best because they exercise the body and free the mind from care. Such hobbies release the "pent-up energy," or relieve the body from the "excited state" produced by the conflicts and strong emotions of the day and restore the body to normal.

Scientific study shows that the deliberate cultivation of a hobby conforms to human needs. But in order to be effective a hobby must become a bonafide habit through mental discipline.

Alcohol is a narcotic drug which should be taken only by order of a physician.

WITHOUT DOUBT, and here it is the laboratory that speaks, alcohol is a poison.

With this view all modern works are in accord. Alcohol is always included among the poisons, and in the pharmacological classification of poisons it is invariably placed side by side with chloroform and ether and described as a narcotic poison.—DR. AUGUST LEY, Brussels, Belgium.

WITH TUBERCULOSIS, cancer, syphilis, mental disease and infantile paralysis receiving competent and intelligent medical attention, we now have alcoholism as the greatest public health problem in the present time which is not being systematically attacked.—DR. WINFRED OVERHOLSER, Superintendent, St. Elizabeth's Hospital, Washington, D. C.

THE FOLLOWING ADS from one page of the *Chicago Tribune* are highly suggestive:

Situation Wanted—Bartender. Experienced, good mixer, sober, reliable.

Help Wanted—Men. First-class cook for small hotel. No drinkers need apply.

Help Wanted—Printing salesman; don't apply unless you can fulfill the following: Sober, industrious, etc.—*Religious Digest*.

ARRESTS for drunkenness in the city of Boston have climbed to several times the number during national prohibition and are approaching the 1917 peak, which came just before prohibition.—JUDGE JOSEPH T. ZOTTOLI, Municipal Court, Boston.

Creating "Drink" Attitudes

As Seen in Recent Magazines

UNDER THE CAPTION, "How Should An Intelligent Woman Feel About Beer and Ale," a full page advertisement appeared recently in a national woman's magazine that heretofore has not accepted liquor advertising. This apparent change in policy, for an issue or longer as may be, affords concrete occasion for examination, on a large scale, of the technique and significance of modern liquor advertising propaganda. For the evident intention of the advertisement, prepared by the United Brewers Industrial Foundation, and published simultaneously in other magazines of large circulation and high standing, was to make an appeal particularly to the home groups of America that, through convention, custom, social and religious preference heretofore have questioned most persistently the usefulness and desirability of toxic enjoyment in the home and the home community.

Apparently the advertisement was part of an extensive, highly financed promotional campaign in magazines of large circulation that have intimate contact in family and community life. As follows, they were:

	CIRCULATION	READER COVERAGE
<i>Woman's Home Companion</i> , Oct., '41	3,490,000	17,450,000
<i>Liberty Magazine</i> , Sept., '41	2,582,000	12,910,000
<i>Collier's Weekly</i> , Sept. 20, '41	3,020,000	15,100,000
<i>Life Magazine</i> , Sept. 8, '41	2,860,000	14,300,000
<i>United States News</i> , Sept. 26, '41 ..	113,398	566,890
Totals	12,063,398	60,326,890

Originally the propagandizing of ideas and information was

recognized as a legitimate educational as well as publicity process. With accurate regard to well-developed facts it may have such value even yet. But since the World War No. 1, in which it was resorted to by all countries on a gigantic scale, with very limited selection of available truth, and often serious deception, its use has been regarded as too one-sided at best to serve educational purposes. It is too often employed for purely selfish or ulterior ends, using freely half-truths, insinuations, appeals to prejudice and positive untruths. This wide mis-use has made propaganda, in general, disreputable to much of present-day thinking; it stands out as a word that signifies a method of promotion that seeks to conceal something, that makes secrecy desirable on account of the real purposes back of the information and impressions being offered.

Propaganda Analysis

But modern highly-developed advertising contains within it, often, elements of questionable propaganda that may easily be overlooked. Their extent is great, often serious in the degree to which public opinion, social practice and every-day conduct are diverted from the course indicated by a stricter regard for truth. The only safety lies in the constantly critical attitude of the reader. Highly-financed general advertising on so controverted an article as beverage alcohol, calls for extra critical attention.

The advertisements of this brewers' campaign may be examined in the light of their occasion, the class to which they are directed, and the gain to be obtained by those financing them. To them may be applied also, as far as possible, the tests now being used to detect and identify questionable propaganda. The Institute for Propaganda Analysis, New York, lists seven types or techniques of popular propaganda: (1) Name Calling; to "give a dog a bad name" implies that nothing more is needed to condemn him; (2) the use of glittering generalities, a device to win favor; (3) transfer by association of the qualities of one object or set of ideas to another; (4) the testimonials of highly popular people without regard to their ability to qualify as experts; (5) appeal to "the plain folks," an assumption of prejudice; (6) card stacking, the propaganda that is utterly unscrupulous in its resort to deception; (7) "the band

wagon," with its "climb-on" imperative; the "keep up with the Joneses" appeal.

Examining the advertisements of this series that appeared in at least 12,000,000 copies of magazines, the following points may be noted:

Ignoring the caution of government officials that liquor advertising should avoid the use of pictures of women, a *transfer appeal*, the advertisement asserts, opposite the charming features of a young matron, that "Every modern-minded wife and mother should know the truth about beer and form an honest and unbiased judgment as to the place it should hold in her life." True enough. But reasons why it should have a place in her life are not clear; nor could any suggestion as to the *whole truth*, including the fact of its alcoholic content, be expected from an advertisement seeking to extend sales. The possibility that there might follow unfortunate consequences from introducing it freely into homes would not occur, of course, in sales-paid advertising. In the nature of the situation, the propaganda character of the statement stands out as dominant.

With "card stacking" innuendo, the advertisement appeals to an underlying prejudice of every woman who feels herself to be modern, as follows: "'A girl who uses face powder is fast!' . . . 'A lady who doesn't wear petticoats is no lady at all.' . . . 'A dress that reveals the ankles is immodest.' Such out-dated opinions are nonsense to the modern-minded woman. Yet the same sort of nonsense is still put forth on the subject of beer by those who ban it from the thoughtful consideration of women." But the broad fact is, that those women who question the use of beer, or seek its control, or its limitation, or elimination, are those who most insistently and persistently urge that *the whole truth* about it be given "thoughtful consideration," scientific examination, and full study as to effects and consequences, with full publicity to all such findings, by every "modern-minded woman."

And if it is intended, by placing "out-dated opinions" close to "modern-minded women," to infer that the idea of beer being intoxicating is also out-dated, the statement of a writer in *Brewery Age*, May, '35, may well be added here: "I am not

one who believes . . . that one can not become intoxicated on beer. I have seen too many 'fighting drunks' who have had nothing but beer."

"Beer should neither be praised nor blamed for qualities other than its own." Certainly, who is? That would be as inaccurate as the attempt thus made to divert attention from its essential quality, without which it would not be beer, the toxic action of the alcohol it contains on the brain of those seeking the sensations that alcohol alone produces.

"Brewed from rich, wholesome grains and fragrant hops, beer is a product of Nature"—a glittering generality with a capital "N." The part that nature plays—in the brewery—is to decompose most of the food material in the grains thus fermented into alcohol.

"Through the centuries philosophers have rated it one of Nature's blessings to mankind." And equally great, or greater philosophers, probably more in number, have rated it exactly opposite.

"Tests made in the laboratories of a great research institution indicate that beer, used with normal good sense, is not an intoxicating beverage." In the light of the conclusions of the majority of modern scientists, Miles, Vernon, Benedict, the summary of the British Medical Research Council after the widest survey of scientific information on alcohol ever made, the recent reports of American psychologists, the road statistics of State and National Safety Councils, and the freely-expressed opinions of some brewery experts, as well a very different conclusion must be drawn. Or else few people use beer with "normal good sense."

"Served with a mother's approval and understanding, it becomes an asset in . . . gatherings of young people." But many intelligent mothers regard beer in the home as a beginning place for heavier drinking outside.

An attempt to arouse fear is evident in the following "or-else" suggestion of threat: "Ban this beverage of moderation from your home and you must face the fact . . . your children, no longer children now . . . will make the decision of what to drink outside your home."—as normal young people do anyhow. Or, are the brewers' own sales-places, the taverns

(Continued on Page 116)

The Toxic Urge in Daily Living

*Seek the Truth
Come Whence It May
Lead Where It Will*

The Impairment of Self-control

HUMAN BEHAVIOR is the outcome of instinct and animal desire guided by discrimination, reason, self-criticism and self-control; it is these guiding powers which alcohol tends ever more and more to impair and weaken.—DR. COURTENAY C. WEEKS.

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Sign of "Show-Off"

In many instances, drinking and smoking are done by adults as well as youth, purely to "show off." Many want to keep up with the Joneses by doing what they think the Joneses are doing. It is surprising how many would rather be doing otherwise, but feel the control of an outside compulsion, rather than their own.—HOWARD E. HAMLIN, Superintendent of Health and Narcotics, Ohio State Board of Education.

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On a War Basis

There will probably be a tightening up of priorities and allocations regulations; the brewing industry can and will adjust itself to the requirements. The drys will try another "blitz" in Congress, and in the prohibition-borderline states; but if we keep alert, there will be no curtailment of malt beverages produced. In fact, 1942 CAN be the biggest year in history if the brewers, wholesalers, and retailers "watch their step."

Agricultural products will be increased; the largest industrial employment of all times means that malt beverages will be in greatest demand ever. — Editorial, *Brewers' Journal*, Dec. 15, '41.

"Would Not Drive Far"

One would not ride far, if one thought about it, if one's taxi driver had taken a drink—even a shell of beer—before starting on the drive. . . . Some individuals can hold liquor like a bonded warehouse, so far as objective indications go; without a thick tongue or a wobbly knee. Yet there may be churning inside them a mad kaleidoscope that shatters all judgment of time, that makes a mirage of distance, and that does strange things to the thought-mechanism that are unpleasant and dangerous.—*Midd's Criterion*, Feb., '40.



Insurance Lost Through Drink

More than \$200,000,000 worth of life insurance is lost each year to widows and orphans in the United States on account of drinking habits. The statement is based on data submitted by companies that wrote more than 80 per cent of all life insurance in force in 1938. Out of 5,600,000 applications for policies, 20 per cent were rejected or rated, because of evidence regarding drinking habits.—American Business Men's Research Foundation, Chicago.



Removing Brakes

Alcohol has two important influences on the spread of syphilis and gonorrhea. It puts people in a state of mind to get infected, and it decreases their resistance and systematically injures them once they are infected. . . . The physiologic action of the drug, even when taken short of intoxication, is to take off the brakes, remove the inhibitions, so that acts which an individual could not perform in a normal state without losing his self-respect, become matters of course under alcohol. . . . That no amount of cultural tradition avails against a few drinks is abundantly evidenced by the downfall of many a splendid college man.—DR. JOHN H. STOKES, School of Medicine, University of Pennsylvania.



In the aggregate, the wastage of human values chargeable to alcoholism greatly reduces the annual income of the nation and is a potent factor in keeping a large proportion of the population in a dependent or marginal economic condition.—DR. HORATIO M. POLLOCK, N. Y. Department of Mental Hygiene, *The Social Costs of Alcoholism*.

How Far Liquor Propaganda?

THE DIFFICULTIES INVOLVED in the public regulation of the advertising of alcoholic beverages in such a way as to prevent subversive and misleading, if not deceptive, propaganda, are suggested in the details of a law that came into effect in the State of Oregon, September 1, 1940. The range of approach that must be safeguarded, is very specific and wide in this law. The following are prohibited:

Statements, designs and devices representing that liquor has *food value*, or the use thereof has *curative* or *therapeutic* effects.

Statements, seals, flags, coats of arms, crests, and other insignia, or graphic, pictorial, or emblematic representations thereof, likely to mislead the consumer to believe that the *product has been endorsed*, made or used by, or produced for or under the supervision of, or in accordance with the specifications of, the *government, organization, family, or individual* with whom such seal, flag, coat of arms, crest, or insignia is associated.

Advertisements of alcoholic liquor that include, are connected with, or make any reference to the conducting of any form of *contest*, or *lottery*, or to the *awarding* of prizes, premiums, or considerations.

Any likeness or caricature of a woman, child, or family scene.

Any illustration of a *person serving* or preparing drinks, or holding a bottle, or other container, indicating the consumption of liquor.

Comic-strips or illustrations of *pets appealing to children*.

Advertisements which contain any reference, either directly or by inference, to any person, firm, or corporation, as recommending, using, or purchasing liquor.

Illustrations depicting athletes or participants in athletic events.

Illustrations of public characters, past or present.

Advertisements of alcoholic liquors referring to any *religious holiday* or festival, or any *symbol, sign*, or other character associated with such holiday or festival.

Any alcoholic beverage advertisement bearing a *Sunday date*.

Any advertisement of distilled spirits containing a *recipe* or *formula for using* the spirits advertised.

CREATING "DRINK" ATTITUDES

(Continued from Page 112)

and saloons, thus organized into an advertising campaign to "catch 'em goin' and comin'," *in the home and out?*

Seeking favor the advertising saga sings of "the hospitable place beer can hold in your life, your woman's world" since "nothing is easier to serve than beer . . . nothing more economical." "Contrary to the belief of many, beer is not a fattening food," but how explain the pictures of typical beer-drinkers exploited in advertising previous to the discovery that women count their calories?

"Served with tempting snacks, cool, mellow beer will enhance your reputation as a skillful, charming hostess." Keep you "up with the Joneses"; "get on the band-wagon."

"Beer can do much to make life saner, sweeter, more worth while living"; the words are attractive.

The closing appeal is realistic. "The brewers of America are eager to have beer win the place it deserves in the confidence of forward-looking women." They want the one great section of American life, in which their sales have been least, to open up the enlarged market that they wish to supply. But "forward-looking women"—and brewery propagandists as well—know they must *look backward* to find the years of greatest beer-drinking in America, Canada, Great Britain, the Scandinavian countries, much of the rest of the world.

Whatever one's views, the study of beer advertising assumptions is interesting.

The genius of Christianity lies in its reverence for personality.—
HARRY EMERSON FOSDICK.

The Sliding Scale

Of Alcoholic Enjoyment

IT IS ONE of those paradoxes, long associated with alcoholic experience, that the pleasures it gives have very contradictory results. At first, in social drinking and in small amounts, many obtain sensations of ease and comfort, of emotional release and up-lift, of poise and self-satisfaction that make them, for a short time, more agreeable to themselves and to others. Alcohol seems to be, indeed, as the Germans call it, "a pleasure substance."

Yet, as more is taken, a very little with many, large amounts with the long-habituated, the pleasing feelings merge steadily into others, high-keyed, increasingly fascinating, increasingly egoistic, but with an opposite trend in degree and capacity of self-control, self-understanding, and accurate recognition of surroundings. These, in turn, merge often, easily, into uncontrollable drunkenness.

Running through these successive stages, unnoticed from one to the next, is the effect of increasing amounts of alcohol in the brain and nerve centers, permitting the lower, or elemental, to function with less and less restraint. This change is marked by uncritical self-satisfaction; "a blunting of self-criticism, resulting in action and remarks not consistent with the usual character"; "interference with the performance of skilled movement"; "clumsiness and slurring of words" in speech; "talkativeness"; "an argumentative frame of mind"; "quarrelsomeness"; "disregard of conditions requiring caution"; "blunting of the senses of hearing, taste, touch and vision"; and a "display of primary emotions." These are marks of definite inferiority in mental activity, emotional expression, and action of mind and body.

The central nervous system has been depressed; control of the mind over the body is diminished; the animal urges gain in relative strength. The eye, the foot, the hand act more slowly than usual in response to traffic signals when driving. Every act of daily conduct, where accuracy, quickness, and keen judgment are required, has deteriorated. *Such conduct is low-*

grade conduct. As the psychologist Miles said, "The fundamental drives of the organism" are in control. The intoxicated person is a sub-human animal for the time being. He has reverted to childhood, his own or that of the race.

To the every-day reader of such scientific analysis of the *successive stages* of intoxication, it seems that "with every little taken some part of the brain goes to sleep." And with each added bit of brain asleep, both the ability and the desire to remain moderate, or quit before excess, or dodge or drive an automobile, or say anything intelligent, are that much reduced.

Psychologists explain the connection of one stage of intoxication with the next, and the essential unity of the alcoholic desire, once it has been established. The tendency of the average drinker is to go from stage to stage until normal self-control is lost.

HAVE WE FREEDOM OF CHOICE?

(Continued from Page 102)

"Dad's Day" greeting, the advertisement suggesting that the boy is proud of his father because he knows how to "drink whisky wisely and moderately."

Perhaps the most potent appeal in advertising, barring the privilege of openly making false claims, is the subtle appeal to the law of association, so emphasized by memory experts. Says the report of the Institute for Propaganda Analysis: "If thousands of pamphlets attacking the Democrats go out during a political campaign, isn't it natural to assume that the Republicans did it?" An advertisement of Old Drum brand bears a picture of two tackling football players, with the ball flying through the air before them. Again, a picture of a merry party of young men and women bowling, with the inscription, "Good team mates: Chicago's own beer—Monarch." Famous names are used, as that of Bret Harte, who found in his "every day task the road that leads to world renown . . . so did Col. E. H. Taylor, Jr., originator of Old Taylor Whisky." Frequently the advertisement is accompanied by an offer of a recipe book telling how to use the product.

One reaction of public sentiment to all this, appears in a law recently passed by the state of Oregon, forbidding the use of every device illustrated here, and numerous others. It will

be interesting to watch the working of that law. (See page 115; Ed.)

Specious and interesting as are these devices of public advertising, they are not the most characteristic phase of liquor propaganda. The things that happen "off the record" as far as the general public is concerned are even more significant. From behind the doors of their conference halls and through the columns of their publications, come statements of policy, which are put into action by the liquor industry in various ways.

Special stress has been placed upon the appeal to the home, with the goal of winning the women and youth of the land. The degree of success which has attended this effort may be read between the lines of numerous reports; from the Federal Bureau of Investigation in 410 cities of over 25,000 population, an increase of 38.3 per cent of arrests of women for driving while intoxicated in 1941 over 1940; from the city of Chicago the testimony that 40 per cent of the patrons of taverns are women.

Social Pressure

Slogans have gone out: "We need to study the habits of women and the younger generation"; "Teach American women to drink. Make them welcome at our tap-rooms and bars"; "Put beer into the picture of every social and recreational activity in the nation"; "Make youth liquor-conscious. Make it smart to drink wine." The *Western Brewer* and *Brewers' Journal*, "celebrating" observance of Mother's Day and Child Health Week: "The American home is the women's domain and the brewers' objective should be to obtain the unrestricted home use of beer." From the *Brewers' Journal* also comes this: "Yearly tens of thousands of alcoholic drinkers die. With the rising generation, and whether or not they take alcohol, rests the future of the Trade, commercially, politically, and economically. It is not so much a question as to whether existing beer drinkers can be made to drink more beer, but as to whether their sons and daughters will take customarily to the beverage."

One of the plans of Annual Wine Week, in October, was to reach, through "national magazines, newspapers, and other advertising media, a total of four out of five American families."

A London liquor publication suggests that "every propaganda medium be employed in a great attempt to persuade the American public to take wine with their Sunday dinner, a meal usually conducted with more ceremony and dignity than others. Wine would thus become a part of the cultural association of the children even by this one weekly contact; and by the time they become adults the taste would be with them."

The Wine Advisory Board reports that, in 1940, copies of the Board's *Wine Cook Book* were requested by 73,990 women.

Seeking Public Approval

Here are a few projects of the industry for winning public approval:

Strenuous political pressure has been and still is exerted in an effort to achieve favorable legislative enactments; notably, enactments specifically tying up liquor taxes with state educational appropriations. So-called "educational material" has been distributed to teachers and students in eleven of the larger American universities; to thousands of public school teachers have gone letters inferring the deep sympathy of the beer-makers in increasing school funds.

Seagram Distillers' Corporation has established a Scholarship Foundation which awards each year, to ten high school boys and girls, a \$1,000-four year college course. According to the *Brewers' Retail Weekly*, the purpose of these scholarships is to "offset venomous attacks upon the liquor industry as the corrupter of youth."

A pamphlet recently issued and widely circulated by the United Brewers' Industrial Foundation is entitled "What Are the Facts about Beer?" It contains an imposing array of statements, many of them with the names of the authorities given, through which the public is informed of the contribution of beer to their welfare. Some of the statements are not easy to refute, but all are misleading. A fair example is one which announces "that abundant evidence indicates that alcohol alone does not cause cirrhosis of the liver." The name attached is that of a reputable scientist, a member of a medical faculty, who refuses to recommend for an internship a student who uses liquor in any form. Doubtless the statement is true but the fact remains that the estimate of physicians is that 84 per

cent of cases of cirrhosis of the liver are found in persons who drink.

Equally true is the statement of the director of the dispensary for a group of medical colleges that, during prohibition, it was difficult to find specimens of cirrhosis of the liver for laboratory use.

According to an editorial in the *Brewers' Journal*, a few years ago, the industry "many months ago suggested that our national associations should establish contact with officials of the National Safety Council . . . that in our large cities where they have Speeders' Court, an arrangement be made to stop the testimony of those accused who always say, 'I had only a couple of beers'." They speak of "certain posters sponsored by the National Safety Council" which were designed to "give to beer the 'break' it deserves." Needless to say, the National Safety Council, in a vigorous protest, repudiated any knowledge of the matter.

By the United States Brewers' Association a monthly reporting system has been built up, covering all areas in which local option elections can occur. Groups are organized to be in action at the polls, and a handbook of procedure is distributed to the workers. Local liquor associations are promised "substantial aid to combat dry campaigns."

From an authoritative source comes the information that, after the Eighteenth Amendment was passed, a certain book, written by a noted scientist and published by a firm of high standing, "giving a scientific discussion of the evils of liquor drinking," was withdrawn by the publisher because he "had been made to understand that he would have to fight financial attacks upon his establishment by the liquor interests if he continued selling the book."

At a recent meeting of the National Conference of State Liquor Administrators, a reply to the accusation that the alcoholic beverage industry as a whole was not united was made by an Eastern editor, in these words: "The brewers' answer to this is that, while they see eye to eye with the distillers when it comes to efforts to thwart the activities of the drys and *the undermining of law enforcement* . . ."

A story might be written on the influence of drinking scenes in moving pictures and magazines. These things exert an un-

questioned indirect influence; and not always is it indirectly that these agencies of popular entertainment register their impression. In Brooklyn a tie-up was effected between a local wine store and a motion picture theater whereby ten cases of wine were raffled off at Christmas, instead of the turkeys of previous years. A movie house in Washington, as part of a vaudeville skit, presented a magician who performed miracles of production under the name of Seagrams.

Another achievement, of course, was the repeal of the Eighteenth Amendment, an account of which, gathered from sworn testimony and authentic records, is set forth in the book, *The Amazing Story of Repeal* by Fletcher Dobyns, nationally known lawyer and student of propaganda. This book reveals how, before it ever went into effect, a nation-wide movement had been organized "to make the Eighteenth Amendment forever inoperative." The story makes absorbing reading.

So at every turn free choice is hampered. Let each person choose for himself, is a good American principle; certainly that is the right of every intelligent human being. Whether in the matter of alcoholic beverages he has a fair chance of exercising that right is a question, confronted as he is by a high-powered, highly-organized, lavishly-financed machine. One might of his own volition prefer for his pleasure such amusements as a spokesman of the liquor industry itself has named among the obstacles they have to "buck": (1) 25,000,000 autos, "which consume 2,400,000 gallons of gasoline a year"; (2) a \$360,000,000 a year movie business, "which would buy 24,000,000 barrels of beer annually"; (3) the radio, "whose broadcasts advertise beer's greatest competitors for the diversion dollar"; (4) golf courses, "which have increased some thousands of per cent in the past fifteen years"; (5) modern vacations, "whose speedy programs are contrary to the spirit of beer"; (6) the coffee industry; (7) tea, soft drinks, milk, "large dairy product corporations are closely linked to the ice-cream and soft drink industries."

"If there were as much money to be made out of the germs of tuberculosis and syphilis as there is out of the drug that germinates alcoholism, they too would have remained the scourge they were in other years," said the late Senator Morris Sheppard, in an address before Congress.

These Things We Must Do

By RAYMOND E. MANCHESTER

Dean of Men

Kent State University, Kent, Ohio

DAYS COME AND PASS, men work and rest and not only are centuries created but ideas for better living also crystalize into ideals. Slowly, oh so very slowly, new and better ways of life take the place of old ways of life and the changes come only after soul-trying efforts and losses.

Now, in nineteen forty-two, the ideals of men are being tried and tested as never before. Completely around the globe the struggle is staged. On every continent and on every ocean the question is asked, "Shall we be able to keep our gains?"

The timid ones, the ones afraid and the ones lacking faith say, "No," or, "Perhaps," or, "I don't know," but the stalwart and the brave say, "Yes," and also declare that new gains for better living shall come to all men. The weak and those who are uncertain allow fears to run riot through their innermost beings, but the foursquare men stand firm to defend the freedoms and the liberties set up by human idealism.

It is not difficult to drift with crowds or to take easy roads; but if you so act, little will be accomplished to guarantee the future for the coming generations. It is safe to avoid decisions and to run away from show-downs but those who always play safe never pass on inspiration to young men and young women about to enter adult life.

Now, in the year nineteen forty-two, those who have the will to support and sustain the proclamations of free men advance fearlessly to turn back invaders and destroyers,—rise up to turn back the hordes attempting to take from the earth the rights and privileges humankind has gained through patient toil and tremendous sacrifice.

We hoped for peace but there is no peace, we strived to avert the catastrophe of war but war is forced upon us, we used all the powers of diplomacy, argument and statesmanship to bring sanity into human relationships but these pow-

ers are not sufficient, we waited, delayed and urged but in vain; so now there is one and only one course to follow—to defend our flag and the republic for which it stands.

Let each one hold his place and do his part so that when these tragic days have passed we may still possess the idealism set up by free men.—*The Saturday Letter*, January 10, 1942.

A Bantu Student Writes on Beer

(From a South African School Essay)

ALCOHOL is the intoxicating element in any kind of liquor. It is formed during the fermentation of vegetable juices containing sugar in solution. Its purest form is extracted by distillation. It is colorless, has a feebly agreeable smell, and a burning taste which diminishes when mixed with water.

All beers contain alcohol. *Europeans* have many different types of beer, which fill the advertisement columns of newspapers. The *Africans*, too, have different kinds, the most popular being "skokian." The strangest thing about all these beers is that the most popular is the one which has the greatest amount of alcohol in it.

Another surprising thing is that people who give themselves to beer-drinkting, drink so many gallons that they are intoxicated and lose their reason. Their behavior is shameful. It is not uncommon to see drunken persons lying prone on the ground, open to danger and disgrace. A great deal of fighting goes on at beer parties. The jails would not be so full if it were not for beer. Owing to the fact that women drink with men, many young people have developed very immoral lives. A good deal of crime and dishonor among our people is the result of beer.

Condensed from an essay by T. S. Habanga, a native Bantu student of Kilverton Institute, Pretoria, South Africa. Reflecting progress in an educational program in many of the higher schools of South Africa, it was published in *The Tribune*, Capetown, Dec., 1941.

The question arises, why do people brew beer when it is the cause of such misery? Even the beer-pot worshipers realize the harm it is doing, yet they brew it and drink it. Those who have made themselves believe that it is a necessary beverage cannot leave it alone as long as they can find it. It is possible for a man to abstain from beer, but the temptation to leave it, when it is in sight, is often too strong for many of our strong (physically) **men and women**.

Perhaps the first person to be blamed is the one that brews the beer. So many of our women, including church members, have made the brewing of beer a means of earning a living. When asked why they do it, they advance the reason that economic conditions force them to do so. They enumerate so many things they have to pay for, including church collections, that overwhelmed by sympathy, one is tempted to agree with them.

It is true that the economic conditions of the Africans are appalling. Many families are well-nigh starving. Brewing beer to improve one's economic condition may be good business but it certainly is not good Christianity. It is "leading people into temptation."

I hope I have not made the impression that one who drinks beer because it has been brewed is less responsible for the crime and dishonor I have mentioned above. Refusing to drink it when it is offered us would help to make us stronger and better to conquer other temptations.

Some time back municipal bodies realized that there was too much beer-drinking, and therefore much crime, as the people were allowed to brew beer as they pleased. To combat that state of affairs, they erected beer-halls, where people buy beer at stated hours. That, I am afraid, has not solved the problem. There is still a lot of illicit brewing of beer. The beer-halls are responsible for the financial ruin of many of our young men and women. They flock to beer-halls in greater numbers than those of sensible people who flock to savings-banks. Consequently, very few people who drink beer are financially stable even if they earn reasonable wages.

We often read in the papers of meetings held to devise means and ways of stamping out this vice. The popular suggestion is often that of soliciting the help of the government.

They find no way other than that of increasing the number of police and "pick-up" vans. Perhaps they are right, but I hold a different opinion to that.

As shown above, beer has ruined many people's morals. So to stop beer drinking, we must teach people good morals. They must be able to judge things by Christ's standards. No legislation can teach that—it does not matter how perfectly it be operated. Instead of spending hideous sums of money building jails, we should build churches and schools.

A MAN WITH A DEARTH of individuality endeavors by alcohol to make himself feel like a superman. But this is a false feeling, artificially produced. Only the phantom of a superman comes from alcohol. —PROF. THOMAS MASARYK, when President of Czechoslovakia.

RECENT PUBLICATIONS OF MERIT

ALCOHOL: ITS PHYSIOLOGICAL AND PSYCHOLOGICAL EFFECTS AND THEIR SOCIAL CONSEQUENCES, by Mary Lewis Reed, R.N. The important scientific findings of recent investigations condensed into a fifty-six page booklet; clear, well stated, factual material and its social meaning. Seventh printing, 1941; 15 cents; Mary L. Lewis, Room 902, 468 Fourth Ave., New York, N. Y.

TEMPERANCE FACTS, by W. G. Calderwood; a comprehensive and carefully compiled statement of factual information on the liquor problem and its attempted solution; concrete, question-and-answer style. The outline includes chapters on "The Noble Experiment," "Ignoble Greed," "Since Repeal," "The Courts," the "Physiological" and the "Historical" phases of the problem. Bibliography; 96 pages; 25 cents, five copies \$1.00. Minnesota Temperance Movement, 204 Hodgson Bldg., Minneapolis, Minn.

THE LIQUOR SITUATION IN THE UNITED STATES; a portrayal of the situation in the several states as to control and regulation; Oct. 18, 1941. 15 cents. Federal Council of Churches, 297 Fourth Ave., New York, N. Y.

THE TRUTH ABOUT ALCOHOL, in this Hour of National Emergency; by Fred D. L. Squires; a 16-page pamphlet of vital, scientific and current information with suggestions as to what churches can do; selected bibliography. American Business Men's Research Foundation, 111 W. Jackson Bvd., Chicago, Ill.

THE PSYCHIATRIC TREATMENT OF THE ALCOHOL ADDICT, by Robert V. Seliger, M.D., Psychiatrist, Johns Hopkins University Medical School. The pamphlet includes a statement of the "Factors in Alco-

holic Addiction" and conclusions that are especially useful to the ordinary student as well as the expert. 1941. *Medical Journal Press*, Monticello, N. Y.

Beverage Alcohol Problem in General

WHAT PRICE ALCOHOL? by Robert S. Carroll, M.D. Preface by Adolf Meyer, M.D. A recent survey of the latest scientific understanding of the problem of alcoholism; re-orientes the cause and treatment of alcoholism among the privileged classes. 1941, 362 pages, \$3.00. The Macmillan Co., 60 Fifth Ave., New York, N. Y.

ALCOHOL AND MAN, Haven Emerson, M.D., Editor. Sixteen chapters by leading scientists; a comprehensive survey of scientific information and opinion on physiological, psychological, chemical, health, and related phases. 1932, 451 pages, \$3.00. Macmillan Co., New York, N. Y.

WHAT ABOUT ALCOHOL? by Emil Bogen, M.D., and L. W. S. Hisey. An attractive volume giving in 17 brief chapters, the latest scientific information adapted to high school levels; especially useful to teachers and students. 1939, 94 pages, \$1.50. Angelus Press, 1240 S. Main St., Los Angeles, Calif.

ALCOHOL AND TRAFFIC, by Samuel R. Gerber, M.D. A factual, scientific and authoritative discussion of the influence of alcohol in highway traffic; based on experience as Coroner at Cleveland, Ohio. Charts and graphs, 64 pages, 40 cents. Better Book Press, Sta. B., Columbus, Ohio.

THE ALCOHOL PROBLEM VISUALIZED by the Editorial Committee of the National Forum. "Visualized" is its distinctive characteristic—vivid, dramatic, highly illustrated, yet scientific, objective, factual. The most important facts, findings, and figures of specialists. Second edition, 1940; 96 pages; 75 cents. The National Forum, 417 S. Dearborn St., Chicago, Ill.

Education, Instruction, Discussion

A SYLLABUS IN ALCOHOL EDUCATION by Bertha Rachel Palmer. A compact and complete digest of latest scientific information. Sixth Edition. Completely revised, 1941; 25 cents; \$2.25 per dozen. National W. C. T. U. Publishing House, Evanston, Ill.

ALCOHOL; ITS EFFECTS ON MAN, Haven Emerson; authoritative, concise; 1934, \$1.00; D. Appleton-Century Co., New York.

Suggestions for Teaching the Effects of Alcohol and Other Narcotics, John A. Permenter, Bulletin No. 22-k, Florida State Department of Education, Tallahassee, Dec., 1941.

Bulletins by Howard E. Hamlin, Supervisor of Health and Narcotics, Ohio State Department of Education, Columbus, Ohio.

Straight Thinking on Narcotics, Almack, John C.; 1940, 175 pages, 85 cents; Pacific Press Assn., Mountain View, Calif.

Alcohol Talks to Youth, Hamlin, Howard E.; revised, 1938; 25 cents; School and College Service, Sta. B., Columbus, Ohio.

"New Understanding" Monographs

- "Alcoholic Pleasure: What IS It?"
- "World Questioning of Alcoholic Pleasure."
- "Should Social Drink Customs be Accepted?"
- "Alcoholic Culture: Should It be Retained?"
- "Social Consequences of Alcoholic Desire."
- "Is Liquor the Same Old Question?"
- "Alcoholic Release and Expression."
- "Alcoholic Pleasure and Public Safety."
- "Alcoholic Release and Public Disorder."
- "Alcoholic Personality."
- "The Cult of Illusion."

10 cents each; the set (11), \$1.00.

WHAT "THEY ARE SAYING"

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"Represent a very excellent program of public education . . . congratulate you on the high quality of it." Cecil C. North, Sociology, Ohio State University.

"Greatly appreciate these penetrating articles and analyses." Howard E. Hamlin, Supervisor of Health, Ohio State Department of Education.

"You have accomplished a very fine thing in the New Understanding pamphlets." Mary Ross Potter, former Dean of Women, Northwestern University.

ALCOHOLIC TRENDS IN COLLEGE LIFE;

A survey of American attitudes during the past forty years in college communities. 48 pages; 25 cents.

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A discussion of the place, possibilities and meaning of a new educational leadership in the problems of beverage alcohol. 25 cents.

THE INTERCOLLEGIATE ASSOCIATION

100 Maryland Ave. N. E.

Washington, D. C.

APRIL
1942

THE
INTERNATIONAL



STUDENT

OF LIQUOR IN LIFE TODAY

IN THIS NUMBER

DOES ALCOHOLIC RELEASE
AID CREATIVE ABILITY?

MEDICAL MEN SHOULD LEAD

WHY THE "DRINK DESIRE"?

ALLY OR ENEMY? YOU DECIDE

RECENT PUBLICATIONS

Democracy
is something
deeper than
liberty; it is
Responsibility"



ST. PAUL'S COLLEGE, CATHOLIC UNIVERSITY OF AMERICA
WASHINGTON, D. C.

THE INTERNATIONAL STUDENT

APRIL, 1942

Vol. XXXIX, No. 5

HARRY S. WARNER, *Editor*

A WAR-TIME SERVICE

By The International Student

IN THE SPIRIT of 1942, the concentration of resources and energies into national defense against danger from foreign sources, during war time, and to conserve paper and cost of printing, "The International Student" is issuing six numbers per year instead of seven as heretofore, the March number being omitted. Hereafter there will be two each quarter, except summer—October and November, January and February, April and May.

All subscribers will receive the full seven numbers for which subscription has been made. New subscriptions, received April 15 and after, will be on a six-issues-per-year basis.

Following large increase in circulation in recent years—**96 per cent of which is among colleges and high schools**—a yet larger service in its special field will be the aim of the future. Enlargement in number of pages per issue, wider range of educational and scientific material on beverage alcohol problems, improvements in style and many others are among the after-war objectives of this unique, condensed, easily-accessible, digest-style magazine,

"FOR THOSE WHO THINK FOR THEMSELVES."

THE INTERNATIONAL STUDENT is being distributed in Montana by the State of Montana Temperance Commission, pursuant to the laws of Montana, 25th Session, 1937, chap. 201.

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Does Alcohol Aid Creative Ability?

By HARRY S. WARNER

THAT ALCOHOLIC INTOXICATION, in some mystical fashion, and the mysterious release that comes with it, give freer play to creative mental activities, is an impression that for ages has prevailed widely. It is found, especially, among the followers of certain great writers, essayists, poets, dramatists; and it is freely expressed by some of these men of genius themselves. In other fields, biographers of great leaders, men of public affairs, statesmen, philosophers, industrialists, have echoed similar opinions as to the influence of the drinking customs of their heroes.

Alcohol has seemed to be an effective means of releasing emotions and abilities that would be finer, more valuable, more profound, or more brilliant, than they would be without its aid. Men of genius have counted on it, have employed and praised it. And by inference and imitation vast numbers of men of ordinary or lesser ability have turned to it without question as an aid to whatever they desired to be or to accomplish.

Seeming Credit

Alcoholic enjoyment has a place in literature and history that is sometimes amusing, sometimes mediocre, sometimes tragic, always contradictory and confusing. The list of writers and thinkers who give it credit is brilliant with prestige. The halo of the wine-cup reflects the romance of ages. "The light of a great talent, on occasion, has seemed to burn the brighter in alcohol," says a very recent writer, who has caught the spirit of modern educational research. "Many times, though, it has been snuffed out by the same medium."¹ This writer then proceeds to draw from history a roll—"a shame or honor roll, call it what you will—of those bright and shining

geniuses who, shall we say unfortunately, used alcohol as a catalytic to stir their imagination," who turned to it for inspiration.

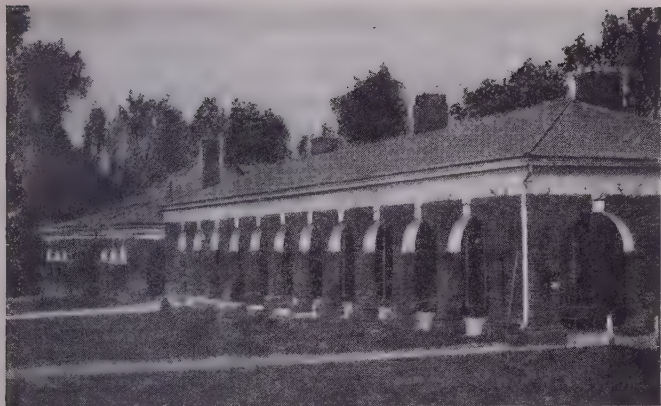
In this roll he includes Rabelais, the French wit, Tasso, the Italian painter, Samuel Butler, Goethe, Burns, Byron, "who wrote his epic 'Don Juan' entirely under the influence of gin," Gladstone, who thought it "especially necessary at the time of greatest intellectual exertion," Pitt, Fox, who "deliberately wrote their speeches under the excitement of excessive draughts of porter and port wine," Swinbourne, whose "genius stopped" when he quit drinking, and Oscar Wilde, whose biographer "credits all his brilliance to drink," adding that "when sober he was damn dull." To this list many other English literature-producing tipplers, especially of the earlier and heavier drinking periods, may be added.²

Social Tradition

With such a literary and social background and prestige, both the idea and the ideology of toxic release and pleasure have been accepted in social tradition, spread widely wherever English is read, popularized in a welter of later and lesser literature, and unmercifully exploited in fashionable society and by those who seek gain from the industries that provide intoxication for all who desire it. From this and yet earlier traditions, a culture and philosophy of drink have permeated literature, ancient and modern, given color to the ceremonial and social practices of the élite and influential, and led the automatic conduct of the unthinking. This culture is taken for granted in much of the drama and screen productions of today, in the club-rooms of wealth, and by a considerable fraction of educators, writers and the common people of daily life.

But the idea and its literary ideology, in large part at least, are illusory, products of wishful thinking and subjective writing. For parallel down through all the story and history of great literature and great accomplishment, there has stood out another list of men of supreme ability whose creative activity has been clearly dissociated from wine and the wine-cup; and yet others who have ever questioned its value, described its excesses, and won their fame in spite of it.

Even in the period of heaviest drinking in England, when



EDGAR ALLEN POE ROOM
UNIVERSITY OF VIRGINIA, CHARLOTTESVILLE, VA.

WHEN A STUDENT POE OCCUPIED ROOM 13, BACK OF THIRD ARCH, IN THIS
"WEST RANGE" OF STUDENT ROOMS

the custom was well-nigh universal, the list of rare-drinking and non-drinking writers was disproportionately great, among them Milton, Wadsworth, Shelley, Southey, Tennyson. And in modern times Bernard Shaw says: "Alcohol knocks off the last inch of efficiency which, in all really fine work, makes the difference between first rate and second rate." Helmholtz, great physicist, "The smallest amount of alcohol scares off novel ideas." And Schiller, German poet, "Wine never invents anything." Behrens, art institute director, reported that after he quit drinking "creative activity was more often present. Artistic intuitions were more regular and reliable."

In American literary history, the list of creative names of those who have made their great contributions free from any appeal for aid to the narcotic drugs—alcohol, opium, any other—has been larger in proportion to the total, than in England. In this has been reflected the fact that the social customs approving alcohol and the per capita consumption of beverage alcohol here have been relatively much less than in the homeland of English culture.

New Understanding

While the cult of alcohol as an aid in mental activity has long been questioned seriously, for the self-evident reason that large numbers of artists, men of genius, inventors—literary and mechanical—have done their work entirely free from its influence, the idea itself has been completely undermined in recent years. This has been done, chiefly, by the studies of educators and psychologists into the sources and inspirations of ability, effective intelligence, and outstanding ability as actually found at work in every-day life and leadership. The conditions under which genius comes to the front, as well as the creative activity of the less prominent, the processes by which the great minds of the ages have produced their masterpieces, are now better understood. While many, of course, have been frequent, even heavy drinkers, they have been such on account of the customs of their day. Their creative ability was not necessarily associated with, but often disassociated from, their periods of excess. It was the outcome of the now-recognized sources of marked ability—their unique, native heredity, intense application, high aspiration, and great persistency, not the reaction of their brains to the effects of psychological drugs.

Scientific Background

On the one hand, modern scientific investigation has banished from every-day life that hereditary bogey of the old-time drinker, the birth and crippled living of children born with an uncontrollable craving for alcohol. On the other hand, it has cast a permanent blackout over that equally old-time illusion that alcoholic intoxication releases abilities in a man of genius—or in the daily plodder—that are unattainable on sober days, or by non-alcoholic people. If drinking does not damn the offspring of the drunkard, willy-nilly, neither does it propagate or aid the healthy growth of the children of his brain.

In support of these statements it is well to examine the recent extensions of scientific knowledge as to how alcoholic intoxication influences mental ability and its expression. A better understanding of the rôle it plays, and has played through centuries, may now be obtained than was available to our

(Continued on Page 143)

Medical Men Should Lead

In Mass Education

By EUGENE N. BONDREAU, M.D.

THE REAL APPROACH to this problem of alcoholism, I believe, is through prevention, and the way to this must be by social effort directed to mass education. This movement can best be led by the medical profession.

A sustained campaign in this direction is assuredly an effort in preventive medicine, which the statistics I have presented fully justify. The statistics fully illustrate and emphasize that generally less drinking and fewer drinkers mean fewer alcoholic victims, and the only effective means to promote less drinking is to develop a strong social attitude against drinking. An attitude that reduces the lightness and the carelessness of our present views relative to drinking must be attained. Happily, there are again some recent indications that the younger members of society are drinking less, but unfortunately that does not seem to have been promoted by the example of us elders, unless it is that that example has been to disgust the youth and make him determined to do a better job with his social problem than we did.

Conclusions

In ending, let me emphasize what conclusions this discussion endeavors to prove:

1. Alcoholism is a medical problem of great magnitude.
2. Our profession should accept the challenge, seek by research for the complete medical solution, and, above all, afford

From "The Medical and Social Challenge of Alcoholism," by Eugene N. Bondreau, M.D., Syracuse, N. Y., in *The New York State Journal of Medicine*, Dec. 15, 1941.

leadership in a social movement against drinking. More drinking inevitably is followed by more addictions and other alcoholic disorders.

3. Each generation of drinkers has cases that are eventually bound to become addicts, if they drink at all.

4. Addiction promotes economic loss, social decay, and untold suffering and sorrow.

That Sense of Power

WHEN ONE gets behind the wheel of a high-powered automobile, the power within the machine itself enters into his personality. . . . His ego becomes enlarged; he is all-powerful; the rights of others become in the same degree insignificant; he becomes impatient with anything that balks or hinders him such as slow traffic and red lights. It may be said that he becomes intoxicated with a feeling of power—almost omnipotence.

When one puts together a moderate amount of liquor and a high-powered machine a combination results which is a real menace to the safety of others. I might add that emotional maturity is not coincident with chronological age. Some types of men seem never to acquire the emotional poise which is characteristic of a well-balanced adult.—Dr. Richard A. Hutchins, Superintendent, State Hospital, Utica, N. Y.

Why the "Drink" Desire

By A. C. IVY, M.D.

SINCE WE HAVE LEARNED how to control most of the infectious diseases, I should rank alcoholism and its effects among the five great public health problems.

These five are: cancer, heart disease, tuberculosis, venereal disease, and alcoholism and its effects. It is known that alcohol intensifies tuberculosis and is the handmaiden of venereal disease.

Why People Drink

It is because they take a first drink.

Why do people take the first drink?

Because of curiosity and social pressure. During these times, I believe that the latter cause predominates.

Why do people continue to drink?

There are five reasons, according to my opinion.

1. *Social pressure.* They do not have the courage to say no. They fear that they cannot say no, in a courteous manner, without offending their host or associates. During these times, many persons take a cocktail or some wine, only because of the social pressure of a party, and never drink alcoholic beverages at any other time.

2. *To escape from worries and frustrations; to relax.* To obtain a feeling of euphoria—that "million-dollar feeling," that "all is well with me and the world feeling," to "liven up" the party. The extent to which such an idea now prevails is surprising. We used to be able to "liven up" parties without liquor. And the cause of worries and frustrations still exists, after the mocking effects of liquor have passed.

Dr. Andrew C. Ivy is head of the department of Physiology and Pharmacology at Northwestern University Medical School, Chicago, Ill. The article is from "Why Do People Drink?" in *The Union Signal*, Evanston, Ill., Jan. 24, 1942.

3. *An appetite for alcoholic beverages is formed.* In the case of some people, a meal is not complete unless they have coffee or tea; or a social gathering is not complete unless eats are served. In the same way after alcohol has been taken with a meal or at a party several times, the meal or party is not complete nor satisfying without some alcoholic beverage.

4. *Because the alcoholic habit is formed.* Then a constant desire for the effects of alcohol is present and the habitué is not happy or does not feel "normal" unless he is under the influence of alcohol. Habituation is a condition in which the person desires a drug but suffers no gross ill effects on its discontinuance. Alcohol, of course, produces after-effects or a hang-over. Alcohol depresses nervous activity. It does not truly stimulate. It appears to stimulate because it depresses the highest faculty of the brain, namely, one's critical or censoring abilities. Hence, it appears to stimulate in small doses. Alcohol makes it easier for some people to talk because they do not "think before they speak," or because they do not pass much judgment on what they are about to say before they say it. When the nervous system recovers from temporary depression, it is hyper-irritable. This is the after effect.

5. *Because they become addicted to alcohol.* "Addiction is a condition developed through the effects of repeated actions of a drug such that its use becomes necessary and cessation of its action causes mental and physical disturbances." Unless abstinence symptoms result on withdrawal, a drug cannot be considered to produce addiction in the strict sense of the term.

Why Do I Abstain?

1. I fear the habit-forming properties of alcohol, which is a narcotic. Some claim that 3 out of 10 drinkers become drunkards or chronic alcoholics. No one who drinks at first believes that he or she may become a drunkard or chronic alcoholic.

They are sure that they will not. But, how can they be certain?

2. If I should drink only occasionally, as many persons do, and not become an alcoholic myself, I should tempt my boys and the boys of other parents to do likewise. I hold this precept for moral and selfish reasons. For moral reasons because I hold to the philosophy that I should be "my brother's keep-

er." For selfish reasons, because I do not want to give my brother an excuse to drink and then to get into his automobile, crash into mine, and maim or kill me.

3. I want my brain cells to function to the best of their capacity at all times. I need at all times all the critical sense and and good judgment that I happen to possess.

4. I do not have to take a drink to relax or to forget temporarily my worries. I try to practice good principles of mental hygiene and do not resort to drugs which may prove to be faithless friends.

Mental Hygiene

The following rules received the first prize in a contest among the members of the Cleveland Academy of Medicine:

1. Have a Hobby: acquire pursuits which absorb your interest. Sports and "nature" are best.

2. Develop a Philosophy: adapt yourself to social and spiritual surroundings.

3. Share Your Thoughts: cultivate companionship in thought and in feeling. Confide, confess, consult.

4. Face Your Fears: analyze them; daylight dismisses ghosts.

5. Balance Fantasy with Fact: dream, but also do; wish, but build; imagine, but ever face reality.

6. Beware Alluring Escapes: alcohol, opiates, and barbitals may prove faithless friends.

7. Exercise: walk, swim, golf; muscles need activity.

8. Love, but Love Wisely: sex is a flame which, uncontrolled, may scorch; properly guided, it will light the torch of eternity.

9. Don't Become Engulfed in a Whirlpool of Worries: call early for help. The doctor is ready for your rescue.

10. Trust in Time: be patient and hopeful; time is a great therapist.

Why does alcohol possess habit-forming properties? It is a narcotic. It relieves pain, produces sleep and stupor, in adequate doses. It dulls or depresses the brain cells and when this action is complete, the nerve cells are more irritable than normal. To decrease their irritability, alcohol is desired. Any

drug that tends to produce euphoria or a feeling of well-being is very likely to cause the production of an appetite, a habit, and then addiction. Some drugs, for unknown reasons, are more likely to lead to addiction than others.

It should not be forgotten that alcohol dulls the Censor, the highest faculty of the brain. Hence to resist taking the first drink is much easier than to resist taking a second drink.

A Civilian Disrupting Factor In World War I

Said David Lloyd George

THE DISORGANIZATION of social habit through the war, the reckless excitement that filled the air, the feeling that the tables of the law had once more been smashed amid the thunders of a grimmer Sinai, led some of both sexes to excesses in all directions, and as war work increased the earnings of multitudes, those who drank, drank deeply, for they could afford indulgence as they never did before.

The evil was not confined to men—it spread to women. My attention was especially directed to this problem through the reports that EXCESSIVE DRINKING AMONG THE WORKERS IN THE FIRMS ENGAGED ON ARMAMENT PRODUCTION WAS GRAVELY HINDERING THE OUTPUT OF MUNITIONS. The reports of eye-witnesses were very grave and alarming, especially when taken in conjunction with the fact—of which I was already aware—that deliveries of munitions of war were in arrears, and that there were persistent rumors of serious shortage in France.—From *War Memories* of David Lloyd George, Premier of Great Britain, during the first World War.

You seldom find liquor in automobile factories, airplane factories, other successfully operated factories, or places where men work and train. Why should it be made conveniently available in Army and Navy camps?—U. S. SENATOR W. LEE O'DANIEL, Texas, in a Senate address, Jan. 16, 1942.

The Toxic Urge in Daily Living

Seek the Truth

Come Whence It May

Lead Where It Will

THE HOPEFUL FEATURE of this entire problem is that all the causes assigned for liquor drinking, insofar as they are genuine, can be met by enlightened social policy.—BISHOP FRANCIS J. MCCONNELL, New York.

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Flames You Fear

Your propaganda fans the very flames you fear. Cut out those huge advertising budgets and turn the money over to the U.S.O. Liquor advertising has become a scandal. It gives the prohibition propagandists plausible excuse to charge that the liquor traffic is trying to buy the press.—*Chicago Daily News*.

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Decline Liquor Advertising

Despite efforts of the brewers, more than 5,000 secular publications in the United States, including daily and weekly newspapers, magazines, farm papers, and other periodicals, still refuse to carry alcoholic beverage advertising of any kind.—*Union Signal*, Dec. 27, '41.

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Conditioning Childhood

Whisky in its multiple forms—"mint-juleps," "toddlies," "hot Scotches," "egg-noggs," "punch," was the most conspicuous single fact in my boyhood. It was not that my father could not earn money, but that he could not keep it. . . . When he was not under the influence of the demon rum, the little "drummer" dearly loved his family; so the thirty years during which I watched him were one long moral agony. He would make all sorts of pledges, with tears in his eyes; he would invent all sorts of devices to cheat his cruel master. My earliest memory of the home of my maternal grandfather was

of being awakened by a disturbance downstairs, and looking over the banisters in alarm while my grandfather—a Methodist deacon—was struggling with his grown son to keep him from going out while drunk.—UPTON SINCLAIR, *American Outpost: A Book of Reminiscences*.

Rural Tavern

Public sentiment gradually is building up against the rural tavern or roadhouse. This institution sprang up when legal liquor came back. During prohibition the auto came into general use and it was found that young people could reach a tavern in the country just as readily as one in town. Lack of police supervision accounts for much of the laxity of these places.—*Springfield* (Minn.) *Advance Press*, Jan. 28, '42.

Whisky Increases

The United States is the country of greatest production and consumption of potable spirits. Whisky is the predominant beverage. In the fiscal year ending June 30, 1940, about 99,000,000 gallons of whisky were produced. The apparent consumption of all whiskies was 114,732,000 gallons. . . . Most of the whisky is produced in the United States, next are Scotland, Canada and Ireland.—1941 *Brittania Book of the Year*.

Bootlegging Increases

Bootlegging is on the increase, the house appropriations committee revealed today in making public testimony on the treasury's supply bill. Treasury officials told the committee that there was an increase of 16 per cent in bootlegging in the nation last year.—*International News Service*, Washington, D.C., Feb. 2, 1942.

Doesn't Want to Get Well

Addiction to alcohol is an . . . attempt at self-cure of a disease unrecognized by the individual. But in this case the cure becomes worse than the disease. . . . Cancer is serious but not as serious or as widespread as alcoholism. Cancer doesn't threaten this nation as alcohol does, for, unlike the patient with cancer, the alcohol addict doesn't want to get well.—DR. KARL A. MENNINGER, Chief of Staff, Menninger Clinic, Topeka, Kans.

ALCOHOL AND CREATIVE ABILITY

(Continued from Page 134)

earlier literary, artistic, and philosophic writers and thinkers. The contributions made by psychological research are especially interesting.

Center of Mental Activity

As a narcotic, alcohol affects first, and in least quantities, the higher centers and activities of the brain and the nervous system. It disturbs their usual functioning, intensifies emotion but dulls perception, decreases intellectual action, soothes the nerves but confuses the capacity of the brain to judge, to coordinate, and to maintain control; restraints and inhibitions are lessened; feelings run free without discrimination as to quality and expression. Alcohol removes inhibitions of all sorts, healthful and unhealthful alike. This apparent stimulation is the outcome of lost control, not an indication of increased sensitivity, or of capacity to think and act. The emotions are more intense, but less expressive of reality; imagination, vivid for a short time, is more removed from reality, more fantastic. The physical and mental sense of ease and comfort, called euphoria, is appreciated after periods of high tension and internal or external conflict, worry, deprivation, and frustration. But they are feelings only, little more than illusions, no source of the irritations or trouble having been alleviated or reduced in the least.

"A point of great practical importance," says the British Medical Research Council, after the widest survey of recent scientific research on the liquor problem ever made, "is that, without signs of intoxication in the full, ordinary and legal sense of the term, the bearing and individual attitude of mind suffer temporary change" . . . (the) "mind lacks temporarily its normal factor of judgment and conspicuous elements of self-control. . . . The established marks symptomatic of alcohol effects are (1) uncritical self-satisfaction with his own performances; (2) disregard of occurrences and conditions normally evoking caution of act and word; (3) trespass of

rules and conventions previously respected; (4) impaired appreciation of the passage of time; (5) loquacity; (6) an argumentative frame of mind.”³

“The personality suffers first,” said Haven Emerson, “mental qualities about as promptly, and those vegetative and reflex functions, involving locomotion and the use of hands and eyes, which we note in the obviously intoxicated, follow only later and from larger doses.”⁴ “A man under the influence of small quantities of alcohol has no right to believe his own senses,” says Woodhead.⁵ This popular drug, says Miles, “has proved to be a means for temporarily, but more or less effectively, disconnecting the higher brain from the lower and leaving the latter largely in control.”⁶ After drinking, writes the popular psychologist, Angelo Patri, “the expression of your eyes, the set of your face, the movements of your body are governed, not by your own fine mind, your own intelligence, but by something that is really lower than the animals.”⁷ Alcoholic freedom comes “at the expense of the more efficient functioning of the higher faculties,” concludes Himwich.⁸ “The whole qualitative picture is one of decreased human efficiency,” concludes Miles.⁹

The poetical impression of earlier years that alcohol has some mystical stimulating influence, made it easy for the many who read the literature of those years, and of later years with the same idea in it, to associate the keyed-up feelings of intoxicated hours with mental activity of productive quality. It was natural to seek the aid of anything that seemed to stimulate imagination and thinking. But since alcoholic beverages have been classified, scientifically, as narcotic and depressing, not stimulating, a rôle for them that is more in accord with modern understanding should now be accepted.

Coördinate Indications

That definite mental and physical inferiority accompany intoxication, even in its milder states, is taken into account very positively in public highway traffic and safety problems. It is noted that, by stages unnoticed by himself, the drinker has developed in himself, states of mind that make him “accident prone,” a source of public danger. Safety experts support the new psychological understanding that, even from the first few

drinks, an auto driver or "jay walker" is undependable, increasingly irrational, unpredictable as to emotions and acts. Bathed with alcohol, his brain is slow to perceive signal or danger, confused in deciding what to do, delayed in action. His narrowed vision, clumsy feet and hands, dulled brain, irrational judgment, mark him as definitely inferior, for the time being, not only as a public hazard, but also as to his normal—his real—self.

It is not clear reasoning to infer that slumps in mental ability that transform an auto driver into a public menace on the highway, will bring constructive aid to a thinker, a writer, an artist in the fine, creative work they seek to do. And the scientific explanation is no longer in doubt:

The state of intoxication, increasingly, is a state of mental, emotional, and physical inferiority, brilliantly erratic though many of its devotees may be in its earlier stages.

Anti-Creative Trends

On the contrary, the rôle of alcohol is that of a drag on constructive, artistic and creative ability, rather than that of a creator of creative abilities. Depressing, as it does, the highest, the most sensitive, complex, and latest evolved of human capacities, the centers of man's intellectual and spiritual resources, it permits the lower and the more automatic to take control of the personality. The changes are marked in thought and conversation, in form of emotional expression, in receding self-control, in the replacing of self-observation and criticism by self-exploitation and exhibitionism, in displays of primary emotions, in confused mental processes, and in conduct inconsistent with the cultured character of the individual and his higher social standards.

Scientifically Haven Emerson sums up the results of many experiments: "Every test gave the same answer; the universal inferiority of human performance after the use of alcohol." And Miles explains, "The fundamental drives of the organism have been given full rein."¹⁰

For that rare group who represent outstanding creative ability, whose internal drives and vast intellectual capacities are far beyond the average, or who have been so thwarted by adverse circumstances, in childhood, by poverty, by absence of

sympathetic understanding of their unusual aspirations, such as Edgar Allan Poe, America's greatest genius in literary creation, the resort to narcotic release is a double-edged sword. Poe died in young manhood, his work just beginning to be known, victim of a supremely great imagination and ability, engaged in a desperate conflict with poverty and misunderstanding that was made more difficult by the false escape afforded him by the bottle and its doubly corroding effect on his supersensitive system. Had there been the sympathetic understanding and healthful living from childhood through college—including freedom from social drink pressures—that would have *turned his deep-centered search for satisfaction into literary channels, instead of alcoholic narcosis*, the world would have been the richer for the additional forty years he probably would have given it.

Conditions of Creative Activity

The conditions under which the vast proportion of all the creative work of the world is done, are those that develop sound, well-organized, and intelligent personalities. The erratic, bizarre, highly-emotional and unusual in the lives and character of those who have done such work have been vastly overdrawn. Many capable men drink, but their work is done, not by, but in spite of, the resulting depression of their brain centers.

Basically, creative ability depends on good heredity, natural aptitudes, intelligence, and a childhood in which these may grow into effectiveness in the direction for which nature intended them and under sympathetic guidance. These are not the conditions that are initiated or increased by alcohol or other narcotics. They are "anything but."

Among them Hornell Hart includes: Native interest in some subject or activity; freedom to follow it; much hard study and thinking on the information available; meditation over the ideas previously studied and thought about; concentration, the ability to concentrate; clearness of mental vision, an objective kept steadily in mind until the experience of working in that direction has become habitual; intellectual faculties acting at their keenest, not dulled by sickness, lack of sleep, narcotics.

Out of the soil thus cultivated he shows that the most creative activities often come unexpectedly, result of previous hard work. To insure their coming, the imagination must be kept clear, the idea or problem turned over, examined until it "takes fire," "comes alive." A widely-circulated questionnaire among creative scientists, by Professor Hart, brought out that many of them had "experienced mental uprushes or clarifying conceptions" after their serious study and meditation. "Typically," he says, "these sudden flashes of genius follow long periods of study, but come into consciousness at a time when the thinker is not consciously working on the problem. Many scientists deliberately cultivate conditions favorable to 'hunches' by following periods of intense application with periods of relaxation, abstraction, or attention to other matters." Among the conditions that obstruct the uprush of creative hypotheses he includes "fatigue, worry, loud noises, interruptions, anger, and the use of alcohol."¹¹

What Is Creative Ability?

"Genius is a quality that inheres to some degree in all rational human beings. Edison's definition was: 'Genius consists of 2 per cent inspiration and 98 per cent perspiration'."

The following indications of talent¹² may well be checked each with the influence that alcoholic intoxication has upon it:

1. *Sensitiveness*; the child or adult who is unduly sensitive has some gift that is beyond the average. Alcohol deadens or provides unnatural release for this sensitiveness, mis-directing its expression and diverting it from its proper outlet. Its true nature should be discovered by education and properly guided.

2. *Spontaneous Interest*; that is, in something for its own worth. Such interest motivates scientists, artists, explorers, social workers, urging to unrequited toil in the face of all hardships. It suggests an internal call clamoring for expression. Dissipated by narcotic satisfaction it is wasted and lost.

3. *Great enjoyment* of any work that gives expression to the particular talent. But this high elation at the time of completion, may be followed later, by great dissatisfaction with it as something inferior to what it should be. But this is the hard road to perfection. Alcoholic enjoyment tends to lower ideal standards and provides artificial satisfactions.

4. An *unremitting desire to improve*, severe self-criticism. The earliest effect of alcohol is to diminish self-criticism and to substitute for it, as drinking continues, a cocky egotism that has no foundation in reality.

5. A keen *capacity for discrimination* that is jarred by flaws scarcely noticed by others, reflecting thus a finely attuned nature. Alcohol notoriously eases off the sense of discrimination.

6. A good memory for things and impressions affecting the special interest and talent, as a means to wide association and constructive thinking. Reduction and loss of memory result from alcohol.

7. *Doing in imagination* much that latent ability could do. Imagination may be a creative process, a dream with fruition, or mere reverie; a pernicious way of evading responsibilities, or the vision that leads to realistic accomplishment. Either way it indicates in youth the presence of capacity for accomplishment. But the hard road to realistic success can not be shortened by the imaginings of intoxication.

8. *Originality*, a marked indication of talent and creative ability. It is an indication of reality seeking expression and requires opportunity for healthful development, not narcotic nagging.

Misleading Popular Impressions

The impression occasionally met that alcohol is an aid to original thinking would seem to mean that he who is under the influence of an intoxicant is in a better-than-his-usual state of mind. But scientific evidence and practical observation both point in the opposite direction. This impression seems to be a traditional hang-over, or a product of "wishful thinking." Within a drinking group, where objective estimate is hardly to be expected, it is strengthened by the *feelings* of ease and freedom, the egotistic importance, and the free-flowing emotions that suggest, but do not prove, a state of increased superiority. The literary reports of accomplishments of great creative value, as a consequence of a flow of alcohol through the brain centers of men of genius, when checked by scientific understanding of how alcohol actually works, fail to stand up under discriminating study.

In his study of drink motivation, as illustrated by Edgar Al-

lan Poe, Prof. Albion R. King has made it clear that Poe's drinking was not related in any helpful way to his creative ability; that the inference of such a connection is "*post hoc ergo propter hoc*" reasoning, coincidence, not cause and effect. He says that Poe's biographer, Hervey Allen, has thoroughly investigated the sources of the writer's inspiration, finding them "all in the drier climate of a thorough-going and pains-taking scholarship"; that "he was not a regular drinker, and it is known that for long periods he remained in total abstinence. It was during these periods that he performed his prodigious feats of literary productivity. Fired by a poetic or philosophic idea, he gave himself to the most exacting demands of scholarship until his creative work was done."¹³ But when "he took the fruit of his genius into the competitive market, or faced the cold poverty or suffering of those dependent upon him, or brooded on the caprice of fame and fortune, the very taste of liquor was enough to fire his thirst for oblivion."¹³

The frustrations and social customs of his unhappy childhood, and those of his college days at the University of Virginia, discovered for him, all too plainly, the road of escape from the situations that were abnormally intense in their pressure on his sensitive nature. "At the university Poe, for the first time began to drink . . . perfectly straight and without the least apparent pleasure, swallowing the contents, never pausing until the last drop had passed his lips. One glass at a time was all he would take; but it was enough to arouse his whole nervous nature into a state of strongest excitement which found vent in a continuous flow of wild, fascinating talk that enchanted every listener."¹⁴ In the temporary excitement of wine came self-confidence and oblivion. It made him confident and it made him forget. This, at all times, then and in the future, was the main reason for his drinking."¹⁵

The traditional misunderstanding of "drink" as a source of "inspiration" has had far-reaching implications in community and national customs. It has initiated popular justification of desired "flings" among many people who seek occasions to do what their standards otherwise would not permit them to do. This was noted in the case of Robert Burns, heavy drinking genius and national hero of Scottish poetry, who cut short his years of usefulness by his love of the bottle. Celebrating his

birthday, Scotchmen, "farmers and shepherds, factors and ploughmen, come all together on one great occasion to honor the bard who everybody can understand because his synonym is the whisky bottle. They weep over his woes; they smack their lips over his satire; they shrink at his denunciations; and they murmur over his songs. Burns or Bacchus—it is all one. The chief point is that, now or never, there is an excuse for getting 'reeling ripe,' 'mortal drunk.' It is poetic, it is literary, it is—hiccup—honoring the Muses."¹⁶

Costly Misunderstanding

The period of greatest drink-loving and drink-expressing English writers was also the period of heaviest drinking that country ever knew. The Taverns of Old England were centers of social and literary history. The Mermaid Club, noted meeting-place of great writers, "combined more talents and genius, perhaps, than ever met before or since."¹⁷ "These convivial meetings of our great literary heroes constitute a phase of English tavern life which left an indelible mark on the literary history of the English people." . . . "English literature, today, would be the poorer if it had missed the sayings and writings inspired by the flowing bowl."¹⁸

Yes, the world would be poorer without their writings. Such a group of supremely talented men, meeting anywhere, with the uncomparable wit, discussion, and competitive literary work that they inspired in each other, would have left their mark, even if the club-center had been a modern bomb-proof shelter. Their service stands and speaks for itself.

But it is not complimentary to them to ascribe, nor in the light of present-day scientific understanding is it possible to credit, the creative output of that remarkable club to "the flowing bowl" from which they drank. On the contrary it may be asked now, if not heretofore: How much greater might not the product of this period of English genius have been, if some other medium of sociability had been available and as popular as their ale and liquors? For it is known that many shortened their lives, others their productive periods, by their convivial excesses.

For if the studies of modern educational research, of psychologists, and sociologists, are to be taken seriously, the ca-

capacity of creative ability, literary or any other, comes not, even in smallest measure, from the depressive influence of alcoholic narcosis, nor from the action of narcotic drugs of any variety, however rationalized in story and song, and by brewery advertising. The social delusion of alcoholic creatability is too costly to any national supply of highly-creative brain material.

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Liquor and Superior Ability

By ROBERT L. McKIBBIN

WHEN ALCOHOL IS TAKEN by persons of superior mentality, the resultant excessive and conflicting activity of their mental processes is toned down and the sedative effect of the drug enables them to concentrate more readily on the subject in hand. Because their superior mental powers are thus concentrated, they are able to attain results above those of average people. But the essential point is that these results are obtained not because of the alcohol but in spite of it. If the art of concentration were cultivated without the artificial aid of a brake on the mentality, a much higher degree of intellectual activity would be reached, because the mental powers would be utilized to the full. Under the influence of alcohol, concentration becomes more and more dependent upon the drug, which eventually lowers the potential efficiency.

The relation of genius and alcohol, therefore, when found together, which is not common, arises from the existence of unusual personal powers uncontrolled and improperly expressed. And whatever results are produced by this evil combination are only a fraction of what might be obtained under happier circumstances.

EVERY LEGAL DISTILLERY in the United States has at least 100 illegal competitors producing bootleg.—DR. WESLEY A. STURGIS, Executive Director, Distilled Spirits Institute.

Ally or Enemy?

You Decide

ATHLETES

If you expect to stay in the game, leave alcohol alone. It gets you sooner or later.—**Walter Johnson, of National Baseball Fame.**

Liquor will undermine boys; rob them; clean them out. That's why I am against it.—**Coach Fielding H. Yost, University of Michigan.**

The only use I have for alcohol is for rubbing my body before I run. I have never used, nor do I intend to use, alcoholic beverages.—**Jesse Owens, U. S. Athlete.**

I do not believe in the use of alcoholic beverages personally, and no worthwhile athletic coach believes in the use of liquor in training his athletes.—**Coach Amos Alonzo Stagg, College of the Pacific.**

HEALTH AUTHORITIES

You can get along with a wooden leg but you can't get along with a wooden head. In order that your brain may be kept clear you must keep your body fit and well. That cannot be done if one drinks liquor.—**Dr. Charles Mayo, of Mayo Clinic.**

Alcohol is a major cause of insanity, and poisoning from it is the cause of more deaths than many dreaded infectious diseases. . . . A large proportion of those who escape premature death go from bad to worse until they become psychotic and find their way into hospitals for mental disease.—**Dr. Thomas Parran, Surgeon-General, United States Public Health Service.**

Alcohol and Physical Tests. When the test is in games or trials of physical strength, running, mountain climbing, marching, or taking dictation, arithmetic, responding to signals of light or sound, the result is always the same, a less good performance when alcohol has depressed the mind and muscle.—**Haven Emerson, M.D., Public Health Institute, Columbia University.**

"*Ally or Enemy?*" is being published by the Intercollegiate Association as a 4-page leaflet, postpaid. 1,000, \$8.00; 500, \$4.50; 100, \$1.00. Address, 100 Maryland Ave. N. E., Washington, D. C.

The danger of a drunken driver lies not in his arms and legs, but in his brain. He may be able to walk fairly straight and to control his hands, but, stimulated by alcohol, he will take chances he would not even consider were he sober.

The little niceties of judgment are among the first things to go, under intoxication. There is no drugstuff which will rouse a man's intelligence.—**V. E. Henderson, Professor of Pharmacology, University of Toronto.**

The most dangerous poison widely included in the human diet is alcohol, affecting nearly every tissue of the body but having a particularly toxic action upon the tissues of the central nervous system.—**Dr. Emil Bogen, Pathologist, Olive View Sanatorium, Calif.**

There is no longer room for doubt as to the toxic action of alcoholic beverages as weak as 2.75 per cent by weight. It will be difficult to challenge the conclusion that these changes (brought about by taking the 2.75 alcohol solution) represent other than a decrease in organic efficiency due to depressed action of ethyl alcohol inasmuch as such changes are regularly associated with slower action, slower muscular movements, less adequate and accurate muscular control, less agile mental operations.—**Dr. Walter R. Miles, Yale University.**

There is no disease in the world for which alcohol is a cure.—**Dr. Howard A. Kelly, Johns-Hopkins University, Baltimore, Md.**

In the aggregate, the wastage of human values chargeable to alcoholism greatly reduces the annual income of the nation and is a potent factor in keeping a large proportion of the population in a dependent or marginal economic condition.—**Dr. Horatio M. Pollock, N. Y. Department of Mental Hygiene.**

Substances which immediately, as the result of one dose, or gradually, as the result of many doses, taken habitually over long periods, interfere with bodily functions and endanger life, are known as poisons. Alcohol may be held to be a poison; it can cause acute (speedy) poisoning, but it is more often associated with chronic (slow, continuous) poisoning, due to its effects upon the liver, stomach, kidneys, and nervous system.—**Edgar L. Collins, M.A., M.D., M.R.C.P., Professor, Welsh National School of Medicine.**

The custom of serving alcohol at social occasions is proof of anticipated psychological effects. Likewise does it bear testimony to the lack of technique and understanding in the potential adaptive factors which would enable human beings to adjust to reality and each other without alcohol or other drugs, were they but to take the time and trouble to learn how to make satisfactory adjustments.—**Edward A. Strecker, M.D., Psychiatrist, University of Pennsylvania.**

Alcohol is always a narcotic; never a stimulant, and therefore has none of the uses ordinarily attributed to it.—**Dr. Richard C. Cabot, Harvard University.**

Alcohol causes not only more deaths than any other toxic substance, but more than all of them put together.—From “Deaths from Poisoning: Incidence in Massachusetts,” *Am. Jr. Jurisp.*, 2:1-13, 1939.

Alcohol leads many people to take risks and to make rapid decisions less judiciously. This is a serious objection to the consumption of alcohol, even in small amounts, by anyone who is to drive a car.—Committee report, *British Medical Association*.

MILITARY LEADERS

My experience through life has convinced me that abstinence from spirituous liquors is the best safeguard to morals and health.—**General Robert E. Lee.**

Alcohol, by diminishing the moral and material strength of the Army, is a crime against national defense in the face of the enemy.—**General Joffre, World War I.**

As an officer I support temperance because I know that officers and men who avoid drink are physically and mentally efficient, their nerves are stronger, they march better, there is far less sickness and crime, and their power of resistance is strengthened.—**General Sir Reginald Hart.**

Many colonels, majors, captains and subalterns, in my knowledge, rendered themselves useless for war at various times in France owing to their taking too much strong drink. Through education, the truth is now dawning on the population that we should be better off without the brewer and the distiller.—**Major General William Crozier, United States Army; Chief of Ordnance in World War I from beginning until December, 1917; decorated for unusual service.**

Drink is a curse to our country; it ruins body and mind.—**Field Marshal Methuen.**

I had quite a fight against alcoholism among the employees in the Canal Zone. I finally stamped it out by firing every man reported for drinking.—**Colonel Goethals, builder of the Panama Canal.**

Alcoholism is more prejudicial to the Army than the most severe epidemics.—**Dr. Richard, Medical Inspector, French Army.**

Germany has more to fear from beer than from all the armies of France.—**Count von Moltke late Field Marshal of German Army.**

Our soldiers were drunk and could not fight. Since the victory of the World War, the spirit of pleasure, of riotous living and drinking has prevailed over the spirit of sacrifice.—**General Petain, France.**

The fact that the ratio of male to female alcoholics is six or seven to one clearly indicates that in the majority of instances something

besides susceptibility produces chronic alcoholism. The difference is doubtless due to social customs and the general attitude as to what is right and wrong for the sexes.—**Lawrence Kolb, M.D., Assistant Surgeon-General, United States Public Health Service.**

The soldier who abstains altogether is the best man. He can accomplish more, can march better, and is a better soldier than the man who drinks even moderately. Mentally and physically he is better. Brandy is the worst poison of all. Next to it comes beer. Each limits the capacity and lowers mind, body, and soul. Strong drink tires and only increases thirst.—**Count von Haesler, commander of German Sixteenth Army Corps in World War I.**

OTHER VOICES

A quantity of alcohol contained in an ounce of whisky or a bottle of beer is sufficient to lower the ability of the driver or the pedestrian to use the street safely.—**National Safety Council.**

I have better use for my brain than to poison it with alcohol. To put alcohol in the human brain is like putting sand in the bearings of an engine.—**Thomas A. Edison.**

Both alcoholic intoxication and fatigue produce temporary impairment of a person's ability to act as he would under normal conditions. Intoxication, however, affects a person's judgment as well as his physical condition.—**Report of National Safety Council Committee.**

What good is alcohol to youth? Youth that has beauty, joy, power untold, without benefit of drugs? Hold to youth, the greatest force in the world, and let the dangerous, deceitful drink go by you.—**Angelo Patri, Noted Psychologist.**

We have found as a result of numerous experiments that if you take even such moderate quantities of alcohol as a pint of beer, there is some reduction of skill, lasting as long as three hours afterward, while if you take larger quantities, there is great reduction of skill, lasting a proportionately longer period.—**Dr. H. M. Vernon, Oxford University.**

Am I trying to develop young men mentally? Alcohol destroys mentality, at first temporarily, and by continued and increased doses this deterioration becomes permanent. Am I trying to build up young men morally? Alcohol is a potent cause of crime and immorality. Am I trying to stabilize young men's emotions? Alcohol unbalances the judgment and disorganizes the emotions.—**George B. Cutten, President, Colgate University.**

Our task is to cut down the amount of alcohol that flows in the veins of the American people. The surest way of doing this is to postpone for as long as possible the time when alcohol starts to enter the veins of each person—postpone it forever, if you can. Do this and you will see preventive medicine at its best. You will see a pronounced

Racial Injuries

By THURMAN B. RICE

IT IS ALMOST impossible to discuss the subject of alcohol without giving vent to one's life-long prejudices. It is undoubtedly true that many foolish things have been said and done by those who have been waging the fight against alcohol, but in another sense it is impossible to exaggerate the disastrous effects that have followed its use and abuse here in the United States. In its name crimes without number have been committed, health destroyed, accidents caused, families broken, scattered and disgraced, alms houses, jails and reformatories filled; fortunes frittered away; empires lost, character defamed and virtue despoiled.

Alcohol may or may not be a food; it may or may not be a poison in the technical sense. But as it is actually used as a beverage it is capable of exerting the most disastrous effect upon the individual, his family, his community as a racial rather than as an individual or a personal poison.

How does alcohol injure the race? It disturbs the normal healthy family by producing dissatisfaction, by reducing the earning powers of the bread-winner, by diversion of the family funds which might have been spent to better advantage. It is a very common cause of divorce; it has repeatedly been shown to be directly and indirectly the cause of high infant mortality, and of a large amount of juvenile delinquency. Many authorities believe that it is the actual starting place for hereditary defectiveness. Whatever adversely affects the family injures the race for the very good reason that the family is the source of the race.

From the book, *Racial Hygiene*, by Thurman B. Rice.

drop in mental cases, in nervous disorders, in syphilis and gonorrhea, in stomach ailments. Yes, and we don't need to stop with the physical implications. You will see a drop in the number of accidents on our highways. Crime will go down and sobriety, efficiency, and happiness will go up.—Ray Lyman Wilbur, President Stanford University, former Secretary of the Interior.

PRESENT TRENDS

In spite of our vast amount of established fact, it is still human to imitate the social practices of others, if such practices represent the accepted style of the moment, to take the view that nothing is wrong if "everybody's doing it."

However, our present trend toward increased drinking and smoking is indicative of our intellectual and cultural immaturity, rather than a sign of degeneracy.—HOWARD E. HAMLIN, "Today's New Approach in Narcotics Education," *Ohio Schools*, Dec., '41.

ALCOHOLISM HAS BECOME the greatest public health problem next to syphilis, and the greatest economic problem next to unemployment.—DR. THOMAS J. MEYERS, President, American College of Neuropsychiatrists.

RECENT PUBLICATIONS OF MERIT

ALCOHOL: ITS PHYSIOLOGICAL AND PSYCHOLOGICAL EFFECTS AND THEIR SOCIAL CONSEQUENCES, by Mary Lewis Reed, R.N. The important scientific findings of recent investigations condensed into a fifty-six page booklet; clear, well-stated, factual material and its social meaning. Seventh printing, 1942; 15 cents; Mary Lewis Reed, Room 902, 468 Fourth Ave., New York, N. Y.

TEMPERANCE FACTS, by W. G. Calderwood; a comprehensive and carefully compiled statement of factual information on the liquor problem and its attempted solution; concrete, question-and-answer style. The outline includes chapters on "The Noble Experiment," "Ignoble Greed," "Since Repeal," "The Courts," the "Physiological" and the "Historical" phases of the problem. Bibliography; 96 pages; 25 cents, five copies \$1.00. Minnesota Temperance Movement, 204 Hodgson Bldg., Minneapolis, Minn.

THE LIQUOR SITUATION IN THE UNITED STATES; a portrayal of the situation in the several states as to control and regulation; Oct. 18, 1941. 15 cents. Federal Council of Churches, 297 Fourth Ave., New York, N. Y.

THE TRUTH ABOUT ALCOHOL, in this Hour of National Emergency; by Fred D. L. Squires; a 16-page pamphlet of vital, scientific and current information with suggestions as to what churches can do; selected bibliography. American Business Men's Research Foundation, 111 W. Jackson Bvd., Chicago, Ill.

THE PSYCHIATRIC TREATMENT OF THE ALCOHOL ADDICT, by Robert V. Seliger, M.D., Psychiatrist, Johns Hopkins University Medical School. The pamphlet includes a statement of the "Factors in Alco-

holic Addiction" and conclusions that are especially useful to the ordinary student as well as the expert. 1941. *Medical Journal Press*, Monticello, N. Y.

Beverage Alcohol Problem in General

WHAT PRICE ALCOHOL? by Robert S. Carroll, M.D. Preface by Adolf Meyer, M.D. A recent survey of the latest scientific understanding of the problem of alcoholism; re-orientes the cause and treatment of alcoholism among the privileged classes. 1941, 362 pages, \$3.00. The Macmillan Co., 60 Fifth Ave., New York, N. Y.

ALCOHOL AND MAN, Haven Emerson, M.D., Editor. Sixteen chapters by leading scientists; a comprehensive survey of scientific information and opinion on physiological, psychological, chemical, health, and related phases. 1932, 451 pages, \$3.00. Macmillan Co., New York, N. Y.

WHAT ABOUT ALCOHOL? by Emil Bogen, M.D., and L. W. S. Hisey. An attractive volume giving in 17 brief chapters, the latest scientific information adapted to high school levels; especially useful to teachers and students. 1939, 94 pages, \$1.50. Angelus Press, 1240 S. Main St., Los Angeles, Calif.

ALCOHOL AND TRAFFIC, by Samuel R. Gerber, M.D. A factual, scientific and authoritative discussion of the influence of alcohol in highway traffic; based on experience as Coroner at Cleveland, Ohio. Charts and graphs, 64 pages, 40 cents. Better Book Press, Sta. B., Columbus, Ohio.

THE ALCOHOL PROBLEM VISUALIZED by the Editorial Committee of the National Forum. "Visualized" is its distinctive characteristic—vivid, dramatic, highly illustrated, yet scientific, objective, factual. The most important facts, findings, and figures of specialists. Second edition, 1940; 96 pages; 75 cents. The National Forum, 417 S. Dearborn St., Chicago, Ill.

Education, Instruction, Discussion

A SYLLABUS IN ALCOHOL EDUCATION by Bertha Rachel Palmer. A compact and complete digest of latest scientific information. Sixth Edition. Completely revised, 1941; 25 cents; \$2.25 per dozen. National W. C. T. U. Publishing House, Evanston, Ill.

ALCOHOL; ITS EFFECTS ON MAN, Haven Emerson; authoritative, concise; 1934, \$1.00; D. Appleton-Century Co., New York.

Suggestions for Teaching the Effects of Alcohol and Other Narcotics, John A. Permenter, Bulletin No. 22-k, Florida State Department of Education, Tallahassee, Dec., 1941.

Bulletins by Howard E. Hamlin, Supervisor of Health and Narcotics, Ohio State Department of Education, Columbus, Ohio.

Straight Thinking on Narcotics, Almack, John C.; 1940, 175 pages, 85 cents; Pacific Press Assn., Mountain View, Calif.

Alcohol Talks to Youth, Hamlin, Howard E.; revised, 1938; 25 cents; School and College Service, Sta. B., Columbus, Ohio.



ADMINISTRATION BUILDING, ST. OLAF COLLEGE
NORTHFIELD, MINN.

FOUR-FIFTHS of the time of this court is consumed by crimes caused by whisky. Every day men are swimming to the penitentiary through liquor.—Judge Wofford, Kansas City.

THE COMMON PEOPLE, instead of trying to forget misery in alcohol, ought to abolish their misery by fighting alcohol.—Emile Vandervelde, former Prime Minister of Belgium.

YOU ARE RENDERING a most valuable service through this magazine (The International Student) and we appreciate the continuance of your special rate to our Westminster Foundations.—John Maxwell Adams, Director, University Work, Presbyterian Board of Christian Education, Philadelphia, Pa.

I DO GREATLY APPRECIATE the splendid work that you are doing with the Intercollegiate Association, and because I so thoroughly believe in this work I am enclosing my check, (at a decided increase, Ed.) for 1942.—Herbert J. Burgstahler, President, Ohio Wesleyan University

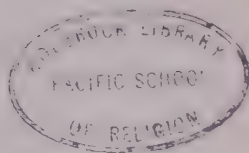


MAY
1942

THE
INTERNATIONAL

STUDENT

OF LIQUOR IN LIFE TODAY



IN THIS NUMBER

A MODERN APPROACH

THE PEOPLE WHO FAIL
THROUGH DRINK

THE PLACE OF ALCOHOL AND
NARCOTICS IN INSTRUCTION

YOU ARE GOING TO DRINK?

NEW STYLES IN HIGH HAT

CRIMINAL TREND
IN ALCOHOLIC JOY

"Democracy
is something
deeper than
Liberty; it is
Responsibility"

THE INTERNATIONAL STUDENT

MAY, 1942

Vol. XXXIX, No. 6

HARRY S. WARNER, *Editor*

A WAR-TIME SERVICE

By The International Student

IN THE SPIRIT of 1942, the concentration of resources and energies into national defense against danger from foreign sources, during war time, and to conserve paper and cost of printing, "The International Student" is issuing six numbers per year instead of seven as heretofore, the March number being omitted. Hereafter there will be two each quarter, except summer—October and November, January and February, April and May.

All subscribers will receive the full seven numbers for which subscription has been made. New subscriptions, received April 15 and after, will be on a six-issues-per-year basis.

Following large increase in circulation in recent years—*96 per cent of which is among colleges and high schools*—a yet larger service in its special field will be the aim of the future. Enlargement in number of pages per issue, wider range of educational and scientific material on beverage alcohol problems, improvements in style and many others are among the after-war objectives of this unique, condensed, easily-accessible, digest-style magazine,

"FOR THOSE WHO THINK FOR THEMSELVES."

THE INTERNATIONAL STUDENT is being distributed in Montana by the State of Montana Temperance Commission, pursuant to the laws of Montana, 25th Session, 1937, chap. 201.

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A Modern Approach

To the Problems of Today

By HARRY S. WARNER

*Seek the Truth
Come Whence It May
Lead Where It Will*

FAR-SEEING WRITERS, on the very days that bombs have been dropping most freely and submarines roaming most widely, have been forecasting in magazine articles and books, basic considerations for the coming of a lasting world peace. Under the realistic pressure of the crisis-hour, they are putting into their blueprints the best obtainable experience of the first world war, the realism of its reaction period, the failures and successes of the League of Nations, and the conditions under which the freedom of peoples, large or small, and their equal access to the raw materials of the world, may be assured. By outlining, thus, and broadcasting patterns of life and justice on which lasting peace may be built, they are giving the war itself a deeper and more convincing purpose. At the same time, they are placing these principles so clearly in public attention that they can not wholly be evaded in the grab and take of treaty making.

With similar aspiration, may not we who are concerned as to more constructive, more lasting efforts toward solution of the beverage alcohol problems of America than have generally prevailed in the past, learn, also, from the vast experience we have had—rough, though some of it may have been—seek a wider understanding of the whole problem, examine the sources of alcoholic culture and its excesses, and begin to outline an approach and pattern of procedure that will incorporate both the experience of years and the recent discoveries of scientific investigation. This editor proposes to try—to

continue, as he has for eight years—and to make the most of the present situation at a time when foresight may be strategic.

The Situation "As Is"

Realistically, after a hundred or more years of earnest experimentation by "trial and error," after great surges of public opinion toward solution, and other great surges in reverse, the beverage alcohol problem is here in new force, deepened, complicated, obvious, obtrusive. The consequences of alcoholism in every-day living are outstanding; drinking and carousing; the spread of the custom among women and youth; the spread of social drink pressures; the never-ending supply of drinking-driver and pedestrian accidents; the continuous sifting out of those with little resistance to alcohol, and their rapid transfer into alcoholics; the over-crowding of jails with drunks; and the intangible, but scientifically clear slump in drinking group ideals and practices that accompanies frequent resort to alcoholic forms of pleasure. These are all culminating in an enlarged crop of that same variety of down-and-out lives that put the saloon of the old days into a spotlight of infamy.

In place of the social and legal restraints and restrictions of a century, there has developed an open freedom in the distribution, sale and use of alcoholic drink that has never heretofore been experienced by any generation now living, young, middle-aged, or older. Abundant, unrestricted liquor, is the desire of many a crowd, the illusion of the short-sighted, the fad of the day.

New Education Necessary

A new approach, therefore, is now necessary. It must be broader, though no less active and intense, more comprehensive than any such program that has been undertaken in the past. It must be an education that does not ignore—but reaches—all the influential sources of the liquor problem of modern society. It will not come in the attitude of the reformer, though reform may continue to have a place in the larger program. It will be infused with the spirit and attitude of the teacher, the discussion leader, the seeker after truth, "lead where it may."

Continued on Page 174)

The People Who Fail Through Drink

By ALBION ROY KING

Dean of Cornell College, Mt. Vernon, Iowa

WHAT MAKES MEN FAIL in any case? What do we mean by failure? These are questions that cannot be answered in general terms. Failure is always specific. Men do not fail in general, but any person can easily become a failure in his own special circumstances. Failure in that case means to fall short of some important goal. But we seldom apply the word unless the struggle for the goal comes to an end in a complete breakdown so that the goal is abandoned.

I shall venture the opinion further that few men ever fail solely because of drink. But alcohol figures as a contributing cause to the breakdown of life projects in an unaccountable number of cases. Our inquiry, therefore, must be an examination of a few typical possibilities.

Many people fail because they are never able to overcome the devastating effects of the inferiority complex. Let us take that situation as our starting point. Few people escape the necessity at times of struggling against the paralyzing effects of an inferiority feeling. Some of the greatest men in history have faced failure because of poverty, some physical defect or tragic experience, and have compensated in ways that made them famous. No one is ever going to succeed who does not build within his personality resources of confidence and inner fearlessness out of the little struggles to the greater difficulties of life. The rational way to do this is to begin early to explore various fields where one can build confidence. If one fails in one direction, he must, like the white rat in a maze, turn around and explore other alleys until he learns to run with confidence to the goals of human achievement.

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What does alcohol have to do with this inferiority complex? The effects of the drug upon the higher centers of the brain result in fantastic artificial compensations. A man or a woman down in the depths of remorse or despair over his own failures can get out of a bottle a kind of ego-inflation that generates for the duration of the effect a store of super-confidence. He may even imagine himself to be successful and rich. He becomes loud and arrogant and boastful. But, of course, in that condition he never finds anybody who will collaborate with his schemes or give him more than a tolerant and amused hearing. And, along with the headache that is a part of his hangover, the subconscious feelings of failure and inferiority have been driven deeper and deeper into the roots of his spiritual and creative life.

No person is ever finally defeated until he is whipped within the citadel of his own soul, and there is no enemy thrust that can penetrate the inner walls more quickly than the deep sense of failure and remorse which grips the man who realizes that the thirst for a narcotic cannot be easily controlled.

Failure can and often does result from just the opposite of inferior feeling, namely, the superiority complex. One who is supremely confident is easily led into habits of arrogance which make social experience difficult. Such an individual must learn how to control his impulses, such as fighting or talkativeness. The little tangles such a person has with other people, from the day when he engages in a little fisticuff at the rear of the school grounds to the time when he plunges into the competitions of the business world, develop within the extrovert character checks and control of behavior that make him a gentleman. If he can acquire sufficient refinement of character, this type of person has a great advantage toward success in areas of human endeavor like salesmanship.

The effect of alcohol is always immediately noticed, even with moderate doses, as an interference with the operation of these checks and refinements. Behavior becomes impulsive. A little slight or even a joke becomes an insult, an occasion for blows, or a couple of drinks turns the tongue loose on a rampage or irresponsible wagging. The result can easily be another friend lost or another sale gone to the competitor. We hear that often business people use liquor in selling campaigns,

but I would hazard the opinion that as many sales are lost by the irresponsible behavior and talk of the loquacious salesman as are gained by the good will such a treat of the drinks is supposed to create.

Most of the failures where alcohol figures are really failures to meet some crisis. Crises will come, and usually they are cumulative in violence. In early years we meet our little fracasas that prepare us for the facing of the big issues of adult life. In our daily habits we build up resources of strength, or we sow the seeds of weakness. The failure comes in a crisis. We are weak. We cannot meet the test.

When a young man meets his first upset of love, which, to say the least, seldom runs smoothly, by getting drunk to help forget or to impress the girl with the depth of his sincerity, the seeds of weakness are deeply sown. As the succeeding crises come, they will be met with deeper dips into the abyss until finally some crisis will mark final failure.

A crisis comes upon one like a man up in the air in a fog. He must come down and he will crack up unless there are resources of strength and steady nerves ingrained by long training in the face of danger. The aviator must spend many flying hours in careful development of his checks and controls to be prepared for that hour. Alcohol or any other narcotic has absolutely no place in any such program.

I knew a man once—but do I need case studies? Rather, let me quote a famous trial lawyer: “Just the moment my opponent begins to hit the bottle, I know I’ve got him licked.”

One danger we must avoid in our analysis—**overstatement**. Alcohol is not the only cause of human failure and seldom is it the sole cause in any situation, but surely it can be said that any person who begins to imbibe for the purpose of helping get by in a crisis is headed for certain defeat.

Many of the most tragic failures of life come in connection with the development of our common devices for escape. Few, if any, lead a life so full of satisfactions in its normal run of activities that complete happiness is to be found therein. The drudgery, the tedium and monotony, the sense of futility or failure, must be compensated, often to make life even tolerable. Wide areas of human activity furnish men with avenues of escape, such as literature, the theater, creative arts, music,

athletics, hunting and fishing, to name only a few.

Man can escape into realms where his spirit is reconditioned, his body refreshed, and he is better prepared to return to the projects of life for successful struggle. Any one of the areas named can do this for him. But his escape may be any man's ruin. One is tempted to generalize that success or failure will be pretty largely determined by the compensation or escape he chooses.

Alcohol is an escape mechanism. Its cheap availability in a series of palatable forms and its dulling effects upon man's higher mental functions, upon his acute consciousness of his own subjective feelings, make it one of the most widely used artificial devices for escape. But alcohol neither inspires, organizes, or reconstructs the human spirit. The slums and the asylums, and, indeed, many of the drawing rooms of the rich exhibit the devastating disintegration of the spirit under alcoholic addiction. "A little drink to jolt the mind out of the rut of the day's work" is the way it is advertised. But from the little jolt there is a broad and slippery passage to the land of befuddled fancy where all cares are forgotten and all woes compensated in an orgy of unchecked impulses. The moment any person begins to solve his problems or seek his basic satisfactions in this way, he is on the highroad to addiction and ultimate failure.

In a time like this it may be appropriate to realize, for instance, that a soldier, a bottle of whisky, and the temptations of any city will lead to the breakdown of deep-seated taboos and a wreck of life that is more devastating than the wounds of shot or bomb.

A young man who finds business competitions severe and the pay envelope inadequate, and who makes a payday-round of the taverns a source of enjoyment denied to him by the failures of his job, is defeated before he makes a start. A young woman who finds married life a disappointment and begins to seek, not an intelligent solution of her problem but compensation in periodic dips into drunken forgetfulness, is not headed for success in the most important project in her life.

No, the wholesome compensations lie in the realms of stimulating hobbies, avocations, recreations, and in the active work of the church.

The Place of Alcohol and Narcotics Instruction

In Education

By JOHN PERMENTER

AS IN ALL the areas of general education, instruction in narcotics and alcohol must find its justification in the actual needs of youth of today and the society in which they live. It must harmonize with the general purposes of education, as well as serve such particular aims as showing the effects of narcotics on health.

In attempting to evaluate any particular instruction, the first concern of the teacher should be with its social and human values. Factual information and skill in its use are necessary, but secondary; and they become meaningless except as they relate to yet higher values. Worthy evaluation of anything attempted calls for much thinking—and an understanding judgment. “What does all this narcotics and alcohol information have to do with daily living?” Such a standard of estimate is necessary, since the broad purpose of all education is the development of personalities that have both skill and understanding for effective daily living.

Let us consider, then, the phases of growth in personality that can be caught, explored, and properly directed only through conscious observation and the skillful guidance of the teacher or some other interested and trained leader. For worth-while evaluation of narcotics instruction, or of any other area of the larger health program, is simply one phase of the evaluating, recording, and influencing of the social behavior of those being instructed. Teachers are interested in

*Condensed from *Teaching the Actions and Effects of Alcohol and Other Narcotics*, section on “Evaluation and Guidance,” by John Permenter, Consultant in Narcotics and Health Education, State Department of Education, of Florida. The book is Bulletin No. 22-k, 1941, of the Florida Program for the Improvement of Schools; published by the State Department of Education, Tallahassee.*

doing something that will be significant concerning the behavior of their students, both in school and out. But their evaluations must be made in the light of the total behavior exhibited and felt. This behavior may be observed along three general lines :

1. General health, sickness, food, sleep, recreation, high tension living.
2. Personal relationships, home environment, relation to other individuals, to family and community groups.
3. Immediate emotional states, dominating purposes, emotional tension, personality clashes.

From such a study the need for careful, reflective thinking is self-evident ; especially so, if aid in the developing of mature behavior attitudes is to be considered, behavior suitable to a changing democratic society. For to understand and to be able to use the scientific method in many areas of living, as social and personal problems arise, is a universal need today. The ability and will to think effectively is much more important than simply to arrive at a right answer. This means, not only knowing what is good, but why—and the development of character. The right answer may be no better than the wrong, unless it comes with a sense of its meaning, an ability to defend it, a control over conduct that is in accord with the new understanding.

Many problems of life such as those various personal and social problems connected with the use, sale, and manufacture of alcohol and other narcotics, which arise through custom, habit, personal dissatisfaction, maladjustment or a lack of understanding of contemporary life, will tend to decrease as they become an integral part of the curriculum of instruction. And the so-called disciplinary problems, including those connected with the use of alcohol and tobacco and other undesirable leisure time activities, will tend to disappear when worth-while experiences, related to the special needs of the students are freely provided. At present most schools are doing far too little to help their students make decisions—wise decisions for themselves—in such problems as those that face them individually and continuously.

Many of the facts and factors which create problems con-

(Continued on Page 178)

You Are Going to Drink?

By BERT H. DAVIS

ANDY'S is the eat-drink-and-dance place that is fancied by the high school crowd along the western slope of one industrial city.

"Andy's understands our point of view—and our pocketbooks," Carl, senior manager of basketball at one high school, used to say.

New View of Place

But Carl had a different slant on Andy's attitude toward non-drinking customers when he drove out there with his cousin's chum one night. He'd been there with members of the basketball squad, on some occasions, and, of course these fellows didn't take alcoholic drinks. The waiters knew them on sight so didn't even bring around a wine card or suggest "a little something with an edge." Carl's cousin, however, had made friends with a different type of high school students—and this crowd "knew the ropes" at Andy's.

When Carl ordered soft drinks, one of these new acquaintances said, "Well, we'll carry you along with what we buy from the bar?"

"Meaning what?" asked Carl, with what he hoped was a wholly pleasant grin.

"Meaning that this 'joint' expects to sell enough *real* drinks at every table to carry the cost of the orchestra and the dance floor," was the unexpected answer.

Drinks Bring Money

"There's no money for the house in selling a few sandwiches," one of the fellows said. "The hard liquor sales just about represent your entertainment charge, and if a person

Condensed from "So You Are Going to Drink?" some points to be considered before saying "Yes," in *The Allied Youth*, May, 1942.

comes to a place like Andy's and simply buys soft stuff, he is letting the other fellow's cocktails or highballs or whisky-and-sodas take care of *his* share of the expense!"

The basketball squad members, however, were not quickly convinced. But one of them had a dispute with a waiter the other night who sharply accused his non-drinking patron of being a sponger and a tightwad.

"You told us that was their attitude out there," Ed, the tall, grinning center remarked to Carl. "We had to have it rubbed in but now we know it's so, and that they are glad to see the soft-drink crowd stay away."

Studying the Matter

Then and there, the student manager and his friends of the basketball squad began to compare observations about the drinkers and the vendors of drink. For the first time, these friends thought out loud and together about the motives and the effects that go along with the marketing of liquor to young people and with youth's all too ready and uncritical acceptance of the seller's callousness in "pushing out the liquor," whatever be the human results. . . .

It is always helpful to share what we have seen and heard about so important a matter as *how* young people get started as drinkers and *what* happens to some of them as they acquire drinking habits.

Atmosphere

1. At a place like Andy's everything favors the bar trade: Tables are placed, traffic is planned, and lighting is skillfully devised to draw people toward the bar after dancing. Invariably, the place is too warm, dishes are too highly seasoned, the music seems planned to promote excitement and artificial gaiety. Those who have any taste for or interest in drinking receive not one but many automatic invitations to "have another." Even if the customers generally do not realize it, Andy's policy is to "keep 'em buying and drinking."

"Soft Drinkers" Not Wanted

2. At such places, soft-drink customers are tolerated, except on some occasions where there doesn't seem to be enough room for the "money" trade—the liquor buyers whose patron-

age keeps such places in business. Then, the soft-drink buyers may find all good tables reserved; or on returning from a dance, they find that their party has been practically dispossessed from the table they've been using as headquarters. Poor service with soft drinks, adulterated or spurious grades of soft drinks, excessive charges for soft drinks are all used to "shake off" this type of patronage, at such seasons as the proprietor decides he can attract a crowd of "spenders," or liquor buyers.

Baiting the Crowd

3. Some such places openly solicit liquor buying and encourage groups that will introduce new and youthful drinkers to the establishment. If dance partners are provided for young men who come alone, these partners commonly draw commissions on the bar trade which they create. The use of girls as "bar bait" is growing, and the war situation that brings so many potential customers into some communities has been adding to this problem.

Unfair Dealing

4. The exploiting of the unwary customer continues in the unscrupulous tactics of many roadhouse and night-club barmen. Cheaper blends of liquor are readily substituted for the advertised brands that the customer may call for. "This \$2.50 grade is too good for 40-cent highballs," the proprietor tells his barmen—and raw spirits are cut into the advertised liquor that the patron thinks he is getting. Quite likely the effects are no more perilous to the health, fitness, and mental welfare of the drinker than when the original "high grade" brand was supplied as ordered—but these substitutions for the sake of an enlarged profit are an accepted part of the whole business of peddling liquor to the people.

Attitude Toward Public

5. Sentimental stories of barmen who befriend their unsteady patrons were always among the least plausible fables of the fictioneers. As affecting the staff of dance "palace" and night club the supposed friendliness of the liquor-selling crew is surely misapplied. In this trade, the drinking dancers are often termed "suckers" and "dopes." These dance-eat-drink

places have enjoyed patronage all out of proportion to the service they render, and their owners and employees have a swell-headed opinion of their own smartness and the public's denseness.

Conclusions

This whole unsavory situation in the entertainment field calls for new, alcohol-free dancing and game centers, where profits are not to be sought from the other fellow's guilelessness and good nature. Schools and other community centers can supply some of this demand; but probably the increasing needs call for Allied Youth recreation centers in numerous communities, maintained especially to care for the wholesome fun needs of the high school ages and of those holding their first jobs.

A MODERN APPROACH

(Continued from Page 164)

For if there is anything to be learned from the history of the past fifty years, it is that reform alone, even partially alone, can not solve so far-reaching a social problem as beverage alcohol. Legislation has a particular part to play, political angles will always be found to any such movement; propaganda will be outstanding, constructive when legitimately used as expressing tested truth, dangerous otherwise. But for the near future, and for a long time thereafter, widespread popular education in the spirit of free discussion of all phases—all the advantages and disadvantages of narcotic pleasure—will be imperative.

It comes with unique force, just now, that in the century of struggle against liquor and the saloon, there should have been so little basic education; that all that was done was largely the work of the temperance societies, the reform organizations, the churches; that relatively so little was undertaken by the schools and the educators who knew what education should seek to accomplish and who had the technique and experience to make it effective. It is true that twenty-five years and more ago, two generations of young people had grown up with a definite background of instruction on the physiological effects of alcohol that they received in their public school days. It is

clear that the National Education Association, the majority of college presidents, sociologists, economists, health instructors, as well as high-school educators gave positive teaching and other support to the effort to remove the legalized sale of intoxicants, before and during the period that America was seeking to banish liquor. They as well as social workers and church educational leaders were active, positive in promoting the scientific and educational background that was so greatly needed to withstand the impact of law violation and propaganda. At very least these groups really sought to do something to relieve the burden of alcoholic drink. They were not willing to accept social customs and any gain that could be salvaged out of intemperance and let it go at that.

But the range of the educational program at best was desperately inadequate to the job in hand. In some parts of the country—especially large Eastern cities and communities—it was neglected, slurred over, or left to visiting speakers alone. Too often it was conventional, uninteresting, limited to the personal physical effects.

The larger form of educational effort, that sees the problem as a whole, relating it to every-day living; that faces frankly all the knowledge available, favorable and unfavorable as this may be to a particular thesis or program of solution, has not had as much attention through the years as this essentially educational process deserves. Yet it is the method of the present and the future, the only one that will now be continuously accepted by educators.

Organizing Education

The promotion of study on the beverage alcohol problem and the distribution of scientific material to aid educators, is naturally the function of organizations formed for such pur-

THE ONLY EFFECTIVE WEAPON against propaganda on behalf of one policy seems to be propaganda on behalf of an alternate policy.—Harold D. Lasswell, "Propaganda," *Encyclopedia of the Social Sciences*, XII, 527.

poses and with men of recognized educational experience and background in control. It can not be left to agencies built for reform, for the promotion of law-observance, for propaganda purposes, or for political action, however necessary these may be in the field and work they have to do. For the process of education now acceptable must be objective, factual, scientific, if it is to have the respect of students and teachers who deal with many other controverted questions in this strictly truth-seeking way. Consequently, the wider programs now needed can not be created satisfactorily, or widely promoted, by those whose major experience in "temperance" has been that of law-observance, reform, or political leadership.

Education and Propaganda

The word "education" is so large, often so abstract, sometimes so misused that it may be well to specify as follows:

1. The open-minded search for truth that brings into one picture the chief facts of sources and consequences, that values truth for its own merit as well as for ends it may serve, is the basic educational process in connection with beverage alcohol, as with any other vital field of practical knowledge. It includes freedom—and obligation—to decide on the basis of the evidence discovered. It is the approach of the advanced student and teacher who, with a sense of social obligation for the practical use of information, will seek to work out programs of relief, reform, improvement, or abolition that will be in accord with the best understanding they have been able to obtain.

2. The teaching of accumulated and well-established knowledge, scientifically organized and made readily available, is the work of the schools, the church schools, and civic leaders who have caught a vision of modern methods and are ready to submit it on its merits to the free discussion of keen younger minds in classes and groups.

3. The method of propaganda, widely and generally used in this and other vital, and therefore controverted, subjects, may serve a constructive educational purpose—or the opposite. Propaganda in general is a double-edged sword that requires discriminating loyalty to the truth. It may be viciously misleading, appealing only to feelings, prejudices, the imagina-

THE HUMAN CONSUMPTION of alcohol creates more than social, economic, and moral problems. It creates great public health problems.—Dr. A. C. Ivy, Head of the Department of Physiology, Northwestern University School of Medicine, Chicago.

tion of the unthinking crowd. But legitimately used, as by an insurance company in selling its tested policies of merit, by a public health agency, or a temperance society that bases its arguments on a fair interpretation of experience and scientific discovery, it has educational value, even though it does not give equal consideration to the views and claims of "the other side." Illegitimately used, to sweep the emotions and thinking of the masses for selfish ends, it is a powerful factor of social and political corruption. Its place in the educational program of the future doubtless will be less and less.

College and High School Leadership

Here in this most-neglected sector of the century-old effort to reduce alcoholic consequences in daily living—the comprehensive educational program—is the natural place of service for the interested educators in college and high school. And for those not yet interested, but who may well be, because of the never-ending intrusion of toxic beverages into the lives of their students.

It is high time for the educators of college and high school to take a new and decided leadership in shaping the policies and programs of the future on "the temperance question." And it is their privilege to promote definite educational projects, of their own creating, first within their own departmental and curricular fields, then in other schools; and then in the community and nation.

Especially, as the world war comes toward a close, it would seem to be their privilege to lead in promoting the newer dis-

cussion methods of approach; extend them to the general public; bring out and make clear the deeper-lying sources and aspects of the problem; teach the public to identify misleading propaganda; and to make scientific knowledge of the problem so interesting and effective that it will lead to a lasting desire to aid effective solution.

THE PLACE OF ALCOHOL AND NARCOTICS INSTRUCTION

(Continued from Page 170)

cerning beverage alcohol and other narcotics, should be considered and explored in a variety of courses or subject areas. This, however, too often is not done. Where this is the case, it is even more important that group and personal guidance shall fill the gap. . . . What is needed is more actual, functional, personal and group guidance, rather than more or "new" courses. Unit teaching in particular offers teachers an opportunity to provide guidance in a natural and effective way, since it is concerned primarily with real life problems rather than abstract intellectual situations.

Health, friendships, leisure activities; good school and out-of-school citizenship are matters which each in large degree may learn to control for himself. In connection with such problems related questions concerning drinking, smoking and their effect on health and safety are bound to arise. Does drinking affect health? Safety? To what degree and how? Why shouldn't high school youth go "jooking"? What else can they do to have as much fun? Our friends all drink, why shouldn't we? What does drinking and smoking have to do with courtesy and good manners?

It is readily seen that there is a pressing and growing need of guidance in such personal affairs among our young people today. Many parents—as well as their young people—are away from home a great deal of the time. The old fixed moral code is inadequate, if not actually incompatible with the social ideals of democracy. Commercialized amusements and organized vice are making extravagant and successful bids for much of the time of modern young people. To prevent a general cultural breakdown, youth must be guided into whole-

some and constructive activities, which among other things preclude the use or the sanction of beverage alcohol.

The press, radio, stage, screen, and modern methods of transportation furnish our young people with all kinds of education and mis-education—propaganda and information which they must learn to detect, analyze and evaluate, if they are to act intelligently.

American democracy must grow and improve. Mere factual knowledge concerning social, economic and political affairs is not enough. Schools must generate intelligent and active interest in national and international affairs, in government and social improvement. Since such intelligence and such interest concern all health and social problems, the innumerable and confused personal and social questions from beverage alcohol and other narcotics can not be overlooked.

OUTSTANDING MEN

Before me now is a stack of condensed records of 221 male alcoholics from every walk of life. About one third of them are "big business men" whose economic-occupational records were extraordinary. In many of these cases alcoholism develops during a time when these men are attaining outstanding success. But the disease is far advanced before a real effort is made to attack the problem. Then their superiors and business associates suddenly realize that they are about to lose one of their key men.—*Psychiatrist* in a noted clinic.

100 YEARS AGO AND TODAY

We used to look back with amusement, or with horror, at colonial customs which sanctioned the serving of wine, beer, cider, and rum at funerals, church councils, and even at the ordination of ministers. We referred with regret to the years of moral confusion that followed the American Revolution, when distilleries multiplied four times as fast as the population, and when intemperance was remarked by European travelers to be "the most striking characteristic of the American people." But these were times of mild indulgence compared with our day.—DEAN LUTHER A. WEIGLE, Yale Divinity School, "A Major Problem of Our Time," *Union Signal*, Jan. 24, '42.

New Styles in High Hat

By FRANK S. MEAD

THERE IS, FIRST OF ALL, the "Take-It-or-Leave-It" school of modern liquor advertising. In this class the advertisers simply tell what they have to sell, and let it go at that, with no apology. Let us look over a few of them.

"Wilson—That's All." So runs the ad of Wilson Whisky; you can take it or leave it. Cobb's Creek Blended Whisky shows you a picture of a bottle of Cobb's, with the advice that "You Can't Buy Better Whisky at Any Price"; you may not want to buy, but if you do here's the best; fair enough! Rittenhouse has a whisky just "Bottled in Bond" and "Moderately Priced"; short and to the point; take it or leave it. Cook's Imperial is "America's Finest Champagne"; that's all the advertisers think you need to know. Gibson's Rye "Goes Down Easily"; that's plain truth; it is also plain truth that crude oil will go down easily, if you get your throat used to it. Four Roses Whisky tells the world that it brings you "January in July"; the quick, plain truth—having seen men with too much whisky aboard who thought they were in China when they were really in the Bronx, I have no doubt that they can convince us it is January when it is really July, or vice versa.

But the "Take-It-or-Leave-It" boys are not subtle enough to be dangerous. They are well-enough established to care not what the public thinks.

The second school is more to be watched. This is the "Liquor-Is-a-Cultured-Aristocrat" crowd, who blaspheme the world's greatest names and greatest art as a background for their business. Fine Arts whiskies are advertised against a re-

Condensed from "Barleycorn Wants a High Hat," "the story of a social climb, aided by modern advertising," in *The Christian Advocate*, November 20, 1941.

production of Van Dyck's masterpiece-portrait of the Earl of Warwick, under the words "Discovered in a Priceless Van Dyck—The Secret of This Whisky's Priceless Flavor." Maybe so—but we doubt that Van Dyck was under the influence of Fine Arts Whisky when he painted *that* one. Cream of Kentucky uses the gay colors and chevrons of the rich old families of America that supported racing-stables of fine horses. Pennsylvania's Old Overholt Rye tells you flatly that the "hardy settlers of western Pennsylvania often rode through the wilderness from sunup to sundown to get a jug of" Abraham Overholt's firewater.

The names on the labels of this business are great stuff for boys: Mount Vernon, Paul Jones, Old Grandad, Golden Wedding, Virginia Dare. Calvert's Whisky uses funny cartoons of funny little birds and elephants, plus Mother Goose-ish jingles that the youngsters just can't help reading.

Most subtle of the three is the "If-You-Want-to-Be-Somebody-You'd-Better-Drink" school. Booze is a boon, a blessing, an old aristocrat with his hand forever out to help *you* become the aristocrat you've always longed to be. Drink yourself up to a Park Avenue status!

By hint and innuendo, the American public is being told that a man (or woman) is a little low-brow and low-class if he or she doesn't drink! What the liquor industry is up to is a national campaign to educate a nation from sobriety to tippling—for the industry's profit. Nothing dirtier has appeared on the American scene since Commodore Vanderbilt shouted "the public be damned!"

Take, for instance, the slogan in the Park and Tilford Whisky ad: "A Welcome Guest in America's Finest Homes." (Your home can be among the finest if . . .!) White Horse Scotch is "Preferred in the Best Circles." Paul Jones says: "To please your guests and *bring honor on your house* (italics ours) remember: Paul Jones."

"Folks Who Mix With Milshire Gin, Boast About It to Their Kin!"

"If It Isn't P.M., It Isn't an Evening." I. W. Harper has a straight whisky that is "The Height of Quality." A score of them speak of the *character* and *tradition* of their products;

these words in themselves are upper-class, and Barleycorn *must* have them associated with his name if he is to get "up there."

Especially must beer become a commonplace in the lingo of the Four Hundred. If they can only glamorize lowly beer, they have brought off a miracle.

Kreuger's Cream Ale runs a picture of a luscious steak against a bottle of beer, with the words, "They go together—Good Food, Good Company, Good Ale!" Schlitz Beer tells us how to get democracy: "The man with a little and the man with a lot may be miles apart in the worldly things they possess. But, like the right to vote, America's most distinguished beer is enjoyed by both." (But let the government step in and ask the brewers to cut down on their hops for the sake of national defense, and we'd hear a brewery-howl loud enough to reach Hitler.)

Schlitz has another, a two-page ad in which we see a well-dressed, prosperous-looking American family about to sit down to dinner. At the head of the table is a splendid white-haired American aristocrat, about to take his place—before a bottle of beer. Mother—or grandma—looks up at him worshipfully (how she loves him; he drinks Schlitz!). "In mill-hand's home or millionaire's mansion," runs the ad-story, "at the country club or in the farmer's cottage—the beer that made Milwaukee famous graces *any* table."

But it remained for the United Brewers' Industrial Foundation to throw the prize insult, direct at the ladies. It appeared in September in *Liberty*, *Collier's*, *Life*, and in the *Woman's Home Companion* for October. Over sixty million people read that ad, saw at the top of it the picture of a lady altogether lovely, and the words, "How should an intelligent woman feel about beer and ale?"

The united brewers proceed to tell her exactly what she is to think. She is to understand, first of all, that beer is "a product of nature." (A lie; beer comes from a brewery, where the product of nature is mashed, decomposed, and corrupted). She is informed that "beer is not an intoxicating beverage, when used with normal good sense." (Oh, no? Ask an insurance company what one beer does to an automobile driver.)

"If a mother is truly wise she will make home so attractive to her young people that they will enjoy entertaining friends in their home. (Any mother with any sense at all knows what beer-parties in the home lead to; a mother who needs beer to make her home attractive to her children had better see a psychiatrist.) "Your children . . . no longer children now . . . will make the decision of when and what to drink, outside your home, outside your influence, outside your help." (What they are really saying is, "Your children will either drink our beer at home, or else. . . .")

Strange, isn't it, that the *Ladies Home Journal* did not run this ad? The *Journal* is smart—just enough to establish an all-time record of four million copies sold in one month! The *Journal* editors know their women—and they refuse to run a liquor ad or to tell the ladies, editorially, that they must souse to be smart.

RECENT PUBLICATIONS OF MERIT

WHAT PRICE ALCOHOL? by Robert S. Carroll, M.D. Preface by Adolf Meyer, M.D. A recent survey of the latest scientific understanding of the problem of alcoholism; re-orientes the cause and treatment of alcoholism among the privileged classes. 1941, 362 pages, \$3.00. The Macmillan Co., 60 Fifth Ave., New York, N. Y.

ALCOHOL AND MAN, Haven Emerson, M.D., Editor. Sixteen chapters by leading scientists; a comprehensive survey of scientific information and opinion on physiological, psychological, chemical, health, and related phases. 1932, 451 pages, \$3.00. Macmillan Co., New York, N. Y.

WHAT ABOUT ALCOHOL? by Emil Bogen, M.D., and L. W. S. Hisey. An attractive volume giving in 17 brief chapters, the latest scientific information adapted to high school levels; especially useful to teachers and students. 1939, 94 pages, \$1.50. Angelus Press, 1240 S. Main St., Los Angeles, Calif.

ALCOHOL AND TRAFFIC, by Samuel R. Gerber, M.D. A factual, scientific and authoritative discussion of the influence of alcohol in highway traffic; based on experience as Coroner at Cleveland, Ohio. Charts and graphs, 64 pages, 40 cents. Better Book Press, Sta. B., Columbus, Ohio.

THE ALCOHOL PROBLEM VISUALIZED by the Editorial Committee of the National Forum. "Visualized" is its distinctive characteristic—vivid, dramatic, highly illustrated, yet scientific, objective, factual. The most important facts, findings, and figures of specialists. Second edition, 1940; 96 pages; 75 cents. The National Forum, 417 S. Dearborn St., Chicago, Ill.

Clear Minds for Victory

By **WINNIE BUCKELS**
Director, Narcotic Education

AT THIS TIME of great danger to the nation, the questions of health and efficiency are basic. Everything must be judged by its influence on the war effort. Public attention, therefore, must be centered, as never before, upon any substance or force or condition which undermines the health, interferes with the safety, or reduces the efficiency of the American soldier and civilian.

Can sobriety be considered as a weapon of national defense? Does it contribute to the national welfare? We must examine these questions because we cannot afford to have our resources destroyed at the very time we need most to conserve them.

In October, 1940, the Vichy Government of France stated that alcoholism was the chief cause of the French Army's moral collapse and that four great factors, which had contributed to the fall of that country, were alcoholism, venereal disease, tuberculosis and cancer.

To properly determine the influence of alcohol at the present time on defense effort, consider these facts relating to health, safety, and efficiency:

There are in the United States at the present time more than 100,000 persons suffering from alcoholism—an enormous loss in human resources. Dr. Winfred Overholser of Washington has declared alcoholism to be the greatest single public health problem which is not today being systematically attacked. It is significant that in the last decade insurance rejections for "alcoholic indulgence" have increased from 12 to 34 per cent as reported by one large insurance company: one

Miss Winnie Buckels is Director of Narcotic Education, Mississippi State Department of Education, Jackson, Miss. The article is from a radio address in a *Health for Victory Radio Series*, "Sobriety for Defense," Febr. 10, 1942.

out of three otherwise insurable men and women were declined as unsafe risks because of the use of alcohol.

Recently, President Roosevelt said: "Accidents definitely are hindering our National Defense effort. To insure maximum efficiency, we must have maximum safety." The National Safety Council says that *one* of every *five* fatal accidents in 1941 involved either a driver or a pedestrian who had been drinking. This is a waste of human and material resources. In 1941, 40,000 persons were killed in accidents. On the basis of population, the number of deaths caused by accidents in 1941 was 16 per cent above the figure for 1940. The rapid expansion of the defense production and military activity has been partly responsible for this alarming increase in deaths on our streets and highways. However, the increase in accidents has been much greater than the increase in travel throughout the country. The National Safety Council committee on Tests for Intoxication says that drinking by drivers and pedestrians has contributed substantially to the rising toll of injuries and deaths. Since traffic problems are more complex, it is especially imperative that we do our best to eliminate the traffic danger caused by drivers and pedestrians under the influence of alcohol. Due to its narcotic action, even small amounts of alcohol have a measurable effect on reason, judgment and self-control. To insure maximum safety the functions of the nervous system must not be even slightly impaired.

Reliable tests show that under all conditions the psychological effect of alcohol is to reduce human efficiency. In the present emergency, personal and industrial efficiency are the demand of the hour! Scientists agree that alcohol is a narcotic drug. It depresses the nervous system and tends to induce sleep, not alertness. Its use lowers the productive capacity of the nation and the mental and physical fitness of our defenders.

The question of nutrition is of vital importance to our nation. We must not forget that alcohol is a substance which is produced from grain and sugar. Is it practical at this time for any of our essential foods to be made into non-essential products?

History reveals some interesting and significant facts on

the importance of sobriety to the defense of a country :

(1) The Assyrians were in an all night revel and not "on the alert" in 607 B. C. when the Medes captured Ninevah.

(2) The Babylonians were at the Feast of Belshazzar, not "on the alert" when Cyrus descended upon their city in 539 B. C.

(3) The Saxons spent the night in drinking and were not "on the alert" at the Battle of Hastings in 1066 when they met the Normans.

(4) The Hessians were not "on the alert" at Trenton on Christmas Eve, 1776, but were "celebrating," when the Continental Army surprised them.

(5) Marshal Ney had three glasses of Burgundy wine and was not "on the alert" the afternoon before the Battle of Waterloo and he failed to carry out Napoleon's orders.

(6) The French army was not "on the alert" but had been wine drinking in idleness when the fall came in June, 1940.

We are in a crisis which will require our utmost of ability, effort, economy, and sacrifices of non-essentials. Of the long list of non-essentials which will mar the execution of our defense program the use of alcohol stands first. Public health officials, civilian defense authorities, teachers, and leaders in other fields will contribute to National Defense by helping to develop through education a consciousness of the real relationship of alcohol to problems of adequate health protection and to personal and national efficiency.

ALCOHOL: ITS PHYSIOLOGICAL AND PSYCHOLOGICAL EFFECTS AND THEIR SOCIAL CONSEQUENCES, by Mary Lewis Reed, R.N. The important scientific findings of recent investigations condensed into a fifty-six page booklet; clear, well-stated, factual material and its social meaning. Seventh printing, 1942; 15 cents; Mary Lewis Reed, Room 902, 468 Fourth Ave., New York, N. Y.

TEMPERANCE FACTS, by W. G. Calderwood; a comprehensive and carefully compiled statement of factual information on the liquor problem and its attempted solution; concrete, question-and-answer style. The outline includes chapters on "The Noble Experiment," "Ignoble Greed," "Since Repeal," "The Courts," the "Physiological" and the "Historical" phases of the problem. Bibliography; 96 pages; 25 cents, five copies \$1.00. Minnesota Temperance Movement, 204 Hodgson Bldg., Minneapolis, Minn.

Growing International Character Of Liquor Production

IN RECENT YEARS our large Canadian distilleries have become huge international organizations. They are also rapidly becoming monopolists. Sixty per cent of the trade of the United States and practically all of Canada's other than imports, is now in their hands.

Three of them with one American company constitute the big four in whisky production on this continent.

Distillers Segrums with about 31 per cent of the trade was originally Canadian. So was Hiram Walkers Gooderham and Worts which has about 22 per cent of the business. National Distillers, originating at Montreal, has about 22 per cent. And Schenley's, an American company with a Canadian affiliate Corby's, or Industrial Alcohol, has about 28 per cent of the trade.

The fact that Canada's war-time prohibition was partial and did not, except for a brief period, forbid manufacture, while prohibition in the United States, except by specified plants for legitimate uses, shut off manufacture for over ten years, gave the Canadian distillers a commanding advantage with the American trade. They had matured stocks on hand, when repeal came, and were near the markets. They were in a favorable position to negotiate. They have used their advantage and in a few years their organizations have become vast international concerns.

The last year's sales of these companies registers a new high of about 160,000,000 gallons, a 24 per cent advance since 1936. Repeal wasn't much of a temperance move, after all.—Editorial, *Temperance Advocate*, Toronto, Ont., Jan., '42.

THE LIQUOR SITUATION IN THE UNITED STATES; a portrayal of the situation in the several states as to control and regulation; Oct. 18, 1941. 15 cents. Federal Council of Churches, 297 Fourth Ave., New York, N. Y.

The Criminal Trend

In Alcoholic Joy

By JUDGE JOSEPH T. ZOTTOLI

TAKE ALL THE JAILS and the houses of correction of the state, bunch them together, and you will find that 95 per cent of the prisoners in them are there because of alcoholism and crimes connected with it.

In the State's prison and the reformatory for men and the reformatory for women, you will find practically 50 per cent of the prisoners are there because of crimes related to alcohol.

At least 95 per cent of those at the state farm are there because of liquor and crimes connected with liquor.

We have records of every known crime in this state since 1880. You would be surprised to see how these crimes are affected by liquor. The prison population of the state for a period of forty years averaged 6,800. Then came prohibition, and the prison population dropped to 2,200 from 6,800. Our prisons were two-thirds empty the first year after prohibition began. We closed four jails because we did not have enough people in them, and we were ready to close up nine more. There were more persons keeping the prisons than there were prisoners in them. Then liquor came back.

War-time prohibition and the 18th Amendment, 1917-1920, reduced inmates of jails and houses of correction in this state from a forty-year average of 25,000 to 4,300, an 86.5 per cent drop from legalized liquor times. . . . Today we are just where we were forty years ago. What has caused this? Nothing but liquor.

Joseph T. Zottoli, Associate Justice of the Municipal Court of Boston, has made a recent study of crime conditions and criminal trends, including 300 charts; the study covers a period of eighty years in the State of Massachusetts. The excerpts above are from an address by Judge Zottoli, March 13, 1942, at Quincy, Mass., in which conclusions of the survey were given.

OCTOBER, 1940-MAY, 1941

Accident Facts from Safety Council	March	144
Adequate Program, An, R. E. Mendenhall	Jan.	71
After-War Leadership, <i>Editorial</i>	Apr.	176
Aiding High Schools, Henry C. Jacobs	May	199
Alcohol and Drug Addiction, Aaron J. Rosanoff	Apr.	183
Alcohol Factor in France	Feb.	125
Are We Better Off in South Africa?	Jan.	91
Basic Ideas of Senator Sheppard	May	213
Beverage Alcohol in Daily Living	May	221
Certain Enemies of Personality, Albion Roy King	Jan.	73
Children in Alcoholic Environment, Edward A. Strecker	March	137
Cocktails Are What? Professor Dixon	Feb.	112
Contacting Leaders, Harry S. Warner	Oct.	13
Contribution of the College, Herbert J. Burgstahler...	Oct.	3
Cost of Alcohol Culture, Josiah Stamp	May	201
Custom of Serving Alcohol, Edward A. Strecker	Apr.	170
Deaths from Beverage Alcohol	May	217
Desires and Aversions of Men, Edward L. Thorndike..	Apr.	170
Democracy Must Be Strong, <i>The Voice</i>	Feb.	110
Develop Social Inhibitions, <i>Calif. Safety Council Bul.</i> ...	Jan.	72
Doctor Tests His Own Experience, Courtenay C. Weeks	May	195
Drift Toward Alcoholic Pleasure, Ernest H. Cherrington	May	207
Drinking Auto Driver, <i>National Safety Council</i>	March	145
Effects of Alcohol, A. R. Lauer	March	139
Expenditure of Millions, The, Morris Sheppard	Oct.	31
Fifteen Thousand High School Students, W. Roy Breg	Nov.	37
Fingerprint Records of Youth, <i>Bul. Anti-Saloon League</i>	Oct.	26
Health and Narcotic Education, Howard E. Hamlin...	May	219
Influence of Alcohol on Mental Activity		
G. W. Carruthers	Feb.	113
"Intoxicana"	Oct.	25
Intoxications, The, Merrill Moore	Apr.	167
Kaffir Beer Halls and "Bootleg"		
Robert Lawrence McKibbin	May	209
Liquor Consumption Parallels Traffic Death Rise	Nov.	48
Liquor in Life Today; condensed statements		
Oct. 27; Jan. 90; Feb. 120; March, 147;	Apr.	187
Liquor Problems Visualized, <i>National Forum</i>	May	222
Mechanism of Escape, E. A. Strecker	Nov.	47
Mischief Maker, The, Haven Emerson	Jan.	75
"Moderation" as an Educational Program		
J. Roscoe Drummond	Feb.	117
More Constructive Education, S. Ralph Harlow	Nov.	42
Narcotics and Creative Work, John C. Almack	Feb.	90

Neither Science nor Machines, Dr. Alexis Carrell	Oct.	10
Nervous Fragility, Dr. Alexis Carrell	Oct.	29
One in Four of Fatal Accidents, Laura Lindley	Oct.	23
Outgrowing Liquor Culture, Harry S. Warner	Nov.	35
Overlooked Trends, <i>Editorial</i>	Jan.	67
People Who Get Pleasure, Vernon B. Twitchell	Apr.	170
Preparing for After-War Service, <i>Editorial</i>	May	194
Prevention or Cure—Which? Ray Lyman Wilbur	Apr.	165
Program of the Association for 1940-41		
Oct. 2; Jan. 66; Feb. 128; March 130; April 162;	May	224
Recent German Experience, Grace Clifford Howard ...	Feb.	123
Recent Publications of Merit	Feb. 127;	Apr. 182
Rethinking the Liquor Problem, Albert W. Palmer ...	Oct.	11
Saturday Letter, A, Raymond E. Manchester .. Nov. 62;	Apr.	192
Screen Drunk or Real Life? Daniel A. Lord	May	213
Seeking Cure for Heavy Drinking, Vernon B. Twitchell	Apr.	163
Seeking New Understanding, Harry S. Warner	Feb.	103
Selling Alcoholic "Release," Harry S. Warner	March	131
Shall I Drink? Haven Emerson	Oct.	9
Slump and Resurgence in Liquor Culture		
Harry S. Warner	Jan.	77
Stimulation of Nervous Function		
<i>Brit. Med. Research Council</i>	Nov.	45
Study in Control	Apr.	190
Such Expressions—, Louis C. Wright	Feb.	111
Ten Years of Government Sale, <i>Nat. Temp. Adv.</i>	May	214
Tippling in the Talkies, <i>Movie-Radio Guide</i>	May	224
To Aid Clear Thinking	Feb.	126
Two Things—, Thomas Nixon Carver	May	196
Understanding the Problem, John A. Permenter	Apr.	171
What We Need Now, William James	Apr.	191
When Mid-Europe Was Going Democratic		
Harry S. Warner	Nov.	43
Why Men Drink, George E. G. Catlin	Oct.	26
Without Signs of Intoxication		
<i>Brit. Med. Research Council</i>	Nov.	34

THE PSYCHIATRIC TREATMENT OF THE ALCOHOL ADDICT, by Robert V. Seliger, M.D., Psychiatrist, Johns Hopkins University Medical School. The pamphlet includes a statement of the "Factors in Alcoholic Addiction" and conclusions that are especially useful to the ordinary student as well as the expert. 1941. *Medical Journal Press*, Monticello, N. Y.

THE TRUTH ABOUT ALCOHOL, in this Hour of National Emergency; by Fred D. L. Squires; a 16-page pamphlet of vital, scientific and current information with suggestions as to what churches can do; selected bibliography. American Business Men's Research Foundation, 111 W. Jackson Bvd., Chicago, Ill.

INDEX TO VOLUME 39

OCTOBER, 1941-MAY, 1942 (Six issues)

A Civilian Disrupting Factor in World War I	D. L. George	Apr. '42	140
Ally or Enemy? You Decide		Apr. '42	131
Are There Intelligent Substitutes? A. C. Ivy		Feb. '42	107
Bantu Student Writes on Beer		Feb. '42	124
Basic Question, The, Harry S. Warner		Nov. '41	61
Beverage Alcohol in Mental Disease, <i>Review</i>	F. D. L. Squires	Nov. '41	49
British Control and Reduction in First World War..		Jan. '42	74
Clear Minds for Victory, Winnie A. Buckels		May '42	184
College Education in Alcohol Problems	Raymond E. Mendenhall	Oct. '41	3
Colleges Train Teachers for Liquor Problem Edu-		Oct. '41	9
cation		Feb. '42	109
Creating Drink Attitudes, as seen in recent magazines		May '42	188
Criminal Trend in Alcoholic Joy, Joseph T. Zottoli.		Feb. '42	103
Discussion or Propaganda: Which? <i>Editorial</i>		Apr. '42	131
Does Alcohol Aid Creative Ability? Harry S. Warner			
Disturbing Factor in Democratic Morale, A	Edward B. Dunford	Jan. '42	77
Diverting in Normal Times; What in War?	Eugene L. Fisk	Jan. '42	87
Drink Reduction in France		Jan. '42	76
Edgar Allen Poe, A Study in Drink Motive	Albion R. King	Nov. '41	35
Effects of Alcohol on Mental Processes		Nov. '41	60
Factor in Traffic Accidents, A, Donald S. Berry....		Oct. '41	27
Finds Non-Drinkers Happier, Theodore F. Lentz...		Nov. '41	39
Education to Cope with Aftermath, Homer F. Rainey		Nov. '41	41
Graduated Withdrawal, Robert S. Carroll		Nov. '41	42
Growing International Character of Liquor Produc-		May '42	187
tion		Feb. '42	99
Have We Freedom of Choice? Mary Ross Potter..		Feb. '42	115
How Far Liquor Propaganda?		Oct. '41	28
How Many Accidents? National Forum		Oct. '41	13
Intercollegiate Activities of a Year, Harry S. Warner		Apr. '42	152
Liquor and Superior Ability, Robert L. McKibbin...			
Medical Men Should Lead in Education	Eugene N. Bondreau	Apr. '42	135
"Million Chronicles," A; other casualties		Oct. '41	12
Menace of Alcohol in War, The, W. McAdam Eccles		Jan. '42	75
Modern Approach to Problems of Today	Harry S. Warner	May '42	163
Narcotics Education, Aid in National Defense	John A. Permenter	Jan. '42	67

Natural Alternative, E. Stanley Jones	Nov. '41	34
Objectives for 1942, Intercollegiate Association	Jan. '42	66
Remove Alcoholism; Aid National Defense, Says Psychologist	Jan. '42	73
New Styles in High Hat, Frank S. Mead	May '42	180
People Who Fail Through Drink, Albion R. King...	May '42	165
Place of Alcohol and Narcotics Instruction John Permenter	May '42	169
Propaganda by Cartoon	Feb. '42	106
Racial Injuries, Thurman B. Rice	Apr. '42	157
Program of the Intercollegiate Association	Nov. '41	62
Review of Discussion (of The Problem Today)	Oct. '41	6
Recent Publications of Merit Oct. '41, 31; Nov. '41, 48; Jan. '42, 95; Feb. '42, 126; Apr. '42, 158;	May '42	183
Saving Food Material in War Circled Switzerland Robert Hercod	Nov. '41	45
Source of Crime at National Capital Wilbur La Roe, Jr.	Nov. '41	37
Seeking an Understanding of the Problem Today...	Oct. '41	5
Saturday Letter, The, Raymond E. Manchester	Nov. '41	64
Significance of Social Attitude, Abraham Myerson..	Feb. '42	104
Substitute a New Way of Life, Howard E. Hamlin..	Jan. '42	67
Sliding Scale of Alcoholic Enjoyment, The	Feb. '42	117
That Five Per Cent in Quality, Hornell Hart	Oct. '41	37
Tag Whisky "Dangerous"?	Jan. '42	92
These Things We Must Do, Raymond E. Manchester	Feb. '42	123
That Sense of Power, Richard E. Hutchins	Apr. '42	136
Toxic Urge, in Daily Living Oct. '41, 29; Nov. '41, 43; Jan. '42, 81; Feb. '42, 113;	Apr. '42	141
Why the "Drink" Desire? A. C. Ivy	Apr. '42	137
You Are Going to Drink? Bert H. Davis	May '42	171

INSTRUCTION AND DISCUSSION MATERIAL

A SYLLABUS IN ALCOHOL EDUCATION by Bertha Rachel Palmer. A compact and complete digest of latest scientific information. Sixth Edition. Completely revised, 1941; 25 cents; \$2.25 per dozen. National W. C. T. U. Publishing House, Evanston, Ill.

ALCOHOL; ITS EFFECTS ON MAN, Haven Emerson; authoritative, concise; 1934, \$1.00; D. Appleton-Century Co., New York.

Suggestions for Teaching the Effects of Alcohol and Other Narcotics, John A. Permenter, Bulletin No. 22-k, Florida State Department of Education, Tallahassee, Dec., 1941.

Bulletins by Howard E. Hamlin, Supervisor of Health and Narcotics, Ohio State Department of Education, Columbus, Ohio.

Straight Thinking on Narcotics, Almack, John C.; 1940, 175 pages, 85 cents; Pacific Press Assn., Mountain View, Calif.

Alcohol Talks to Youth, Hamlin, Howard E.; revised, 1938; 25 cents; School and College Service, Sta. B., Columbus, Ohio.

OCTOBER
1942

THE
INTERNATIONAL

STUDENT

OF LIQUOR IN LIFE TODAY

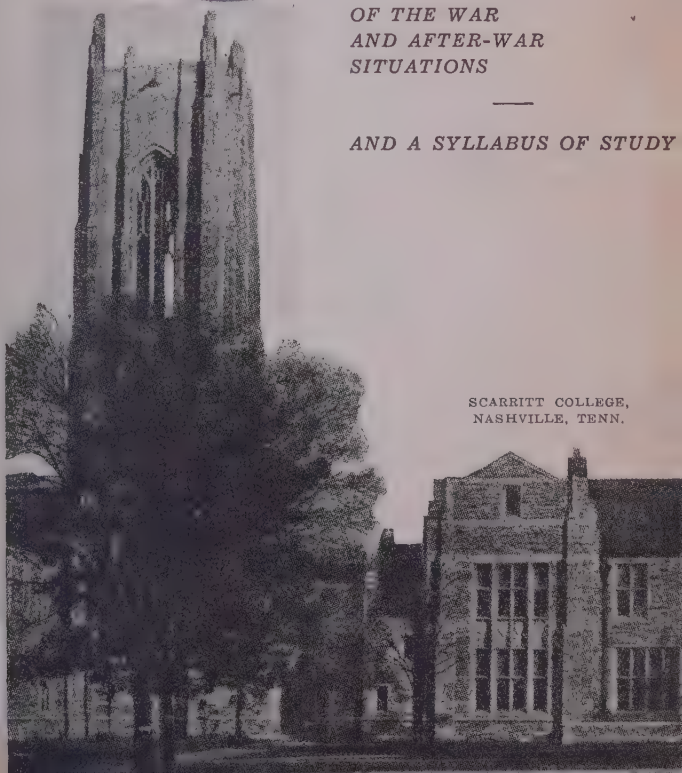


BEVERAGE ALCOHOL
PROBLEMS
OF THE WAR
AND AFTER-WAR
SITUATIONS

—
AND A SYLLABUS OF STUDY

SCARRITT COLLEGE,
NASHVILLE, TENN.

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1942/43

THE INTERNATIONAL STUDENT

OCTOBER, 1942

Vol. XL, No. 1

HARRY S. WARNER, *Editor*

PROGRAM OF THE ASSOCIATION FOR 1942-43

SEEK the Truth fearlessly, wherever it may be found, wherever it may lead.

Promote and provide material for study, discussion and instruction on the *Liquor Problems of Today*, making it available especially to colleges and other institutions of higher education.

Cooperate with and encourage faculty members, student leaders and workers among students *in taking leadership* in a new educational movement on these problems in the community and the nation.

Examine—and evaluate—the conventional thinking, assumptions and social customs that give support to alcoholic culture and alcoholism.

Give attention to the social and national welfare aspects of the problem of alcohol, to the *concern that sees beyond self and group* to the health and safety of society.

Aid in the creating of an educational leadership toward solution of the problem in America and the world.

Specifically: Make *easily accessible*, through THE INTERNATIONAL STUDENT and pamphlet publications, the latest and best information to accomplish these purposes.

THE INTERNATIONAL STUDENT, organ of THE INTERCOLLEGIATE ASSOCIATION FOR STUDY OF THE ALCOHOL PROBLEM, is issued six times a year in October, November, January, February, April, and May.

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Preparing Teachers and Leaders

For a New Educational Service

A PROGRAM of direct, definite preparation for enlarged educational service on the beverage alcohol and narcotics problems of today, under qualified college leadership, has marked the summer of 1942.

Notwithstanding the all-absorbing requirements of the war, a decided advance has been made in a new educational approach that has meaning, both for the war period and after. This advance is suggested by the report that fourteen colleges, this year in their summer sessions, have offered courses of instruction on the problem, with college rank and credit, a 130 per cent increase over last year; in 1941 there were 6; in 1940, 3.

Organized for teacher-students and others interested in social problems, these courses were designed to meet the need for better equipped educational leadership in a new educational approach to the alcohol problem. But the sudden coming of war, during the year, made of them a direct form of preparation toward meeting the slump in idealistic motives, emotional reaction, and moral and social "let down" that must be expected at the close of the war. That they have been offered, well in advance, is most fortunate; that college officials and enrolled students have responded so largely this year, is significant of trends that mean much for the future of all efforts that seek solution by educational processes.

The colleges giving a course of instruction on the alcohol, or the alcohol and narcotics problems, were: Cornell College, Iowa, the fourth successive year; New York University, a course for the fifth year at the Chautauqua Summer Schools; State Teachers College, San Jose, Calif., continuing work of previous years; Colorado College of Education; Florida Southern; Millsaps, Delta State Teachers, Belhaven, Mississippi Training, and Mississippi College in Mississippi; Paine

College, Ga.; State Teachers, Bemidji, Minn.; and two State Teachers Colleges of North Dakota.

Cornell College, Mt. Vernon, Iowa. Dean Albion Roy King continued his annual credit course on Alcoholism, psychological effects of alcohol, motivation and the personal and social results of alcohol, continuing a two-year series of experiments with class collaboration in study of the effects of alcohol on adjustments of the eye.

San Jose State College, Calif. Dr. Oscar J. Brauer of the college faculty had a class of 27 enrolled for credit in his class, Alcohol and Narcotics, the largest of his three summer school classes, and of the science department. It was the best attended class in this year's war-time session. The recognized psychological effects of alcohol and the common habit-forming drugs were studied.

Chautauqua Summer Schools. With recognition from New York University, a special course on The Psychology of Alcohol was given at the Lake Chautauqua Summer Schools, Chautauqua, N. Y., with Bertha Rachel Palmer, Director of Scientific Temperance Instruction of the National Woman's Christian Temperance Union, as instructor. Three weeks, 2 hours daily, with research and the preparation of exhibits, were given to the subject. It was the third year with credit from New York University, but the fifth of the course at Chautauqua.

Colorado State College of Education, Greeley. With academic credit, this first course given in the state, was under the instruction of Dora H. Young as part of the regular work of the summer session. Enrollment included largely teachers in active service in schools and high schools.

Florida Southern College, Lakeland, Fla. The course was under the instruction of Winnie Buckels, Director of Narcotics Education, Teacher Training Division of the State Department of Education, of Mississippi. College credit was given. An exceptionally high quality of work was reported of the students enrolled. The course was made possible by the co-operation of the college and the Florida State Board of Education.

Delta State Teachers College, Cleveland, Miss. This was the second year that a strong credit course in Alcohol and Nar-

cotics Education was given at Delta State, the teacher being Winnie Buckels, Director of Narcotics Education of the State Board of Education, Jackson; two weeks, two periods daily. Interest grew rapidly as a result of much discussion; other students "wished they had taken this course." Comments from class members included:

"All teachers ought to be required to have this course."

"As interesting as any subject I have ever taken in college."

"The course is too short."

Said the president of the college: "We of the faculty feel that this is as valuable a course as we offer."

Millsaps College, Jackson, Miss. John A. Permenter, Tallahassee, Fla., Director of the Departments of Narcotics and Health, State Board of Education, was the instructor. The first year of credit work at Millsaps. The emphasis was placed on narcotics as related to health. "This was an excellent class."

Belhaven College, Jackson, Miss. Instructor, John A. Permenter, similar course.

Mississippi College, Clinton, Miss. Instructor, John A. Permenter, similar course.

Mississippi Training School, Jackson. John A. Permenter, instructor. Enrolled for credit, 30, adults 3. "These thirty Negroes were interested and alert. Each used extensively the Syllabus and the Florida Bulletin," the latter prepared by Mr. Permenter and issued by the Florida Board of Education for all teachers in that state.

The enrollment in the four courses in Mississippi colleges totaled sixty-six. College presidents and deans expressed the opinion that they represented a forward step on account of the health emphasis given. Said J. A. Travis, of the State Department of Education: "The entire program was efficiently directed, the teaching techniques superior, and the responses most gratifying." Said a student: "The course at Millsaps College was one of the most interesting, informative, and worth-while courses that I have ever been privileged to study. It was valuable both from the standpoints of narcotics education and the psychology of effective teaching. It made me keenly conscious of the responsibility of the teacher in helping

A Student's Opinion

STUDENTS WERE intensely interested and enthusiastic. I believe the teachers and students who made this study will provide an influence which will spread from classroom to the home, and will be sufficient to aid young and old in correcting the misconceptions arising from ignorance, prejudice, and misunderstanding, creating intelligent attitudes and habits in regard to narcotic problems.

—ROSE MAE MYERS.

to carry out this educational program that has been started in our state and in others."

Paine College, Augusta, Fla. Mrs. Esther Isaacs Hill, instructor, reported an enrollment of 31 credit students in the first liquor problem-narcotics course offered at Paine. Although the young men in the course, in the second week, were called into army service, the instructor writes, "the class has responded excellently to this new field and has popularized it on the campus. This attitude has made me work harder, and I like it . . . for the 42 hours work the student earns two credits."

State Teachers College, Valley City, N. D. Estelle Bozeman, instructor; 14 enrolled and many visitors. This was the second year of the course on alcohol and health at this college.

State Teachers College, Minot, N. D. Estelle Bozeman, instructor. A vigorous, effective class with keen interest. "I think it was the most satisfactory class I ever taught." It was a successor to the course of a year ago of which President Swain wrote that the instructor "made a fine contribution to our summer session. . . . We shall certainly give the course next summer." And they did.

State Teachers College, Bemidji, Minn. An introductory course by Estelle Bozeman, while credit was not given, was of credit standard, the students enrolled attending as regularly

(Continued on Page 16)

"Nothing Is Gained By the Use of Alcohol"

By **GEORGE A. SKINNER, M.D.**
Medical Corps, U. S. Army, Ret.

IN AN AGE dependent upon speed and accuracy of physical movement, the ability of alcoholic drinks to tangle the coördination is serious and often deadly.

Alcohol is a term applied to a series of chemicals, many valuable in industrial use. Ordinarily, when alcohol is mentioned, ethyl alcohol is signified. This is the intoxicant found in practically all alcoholic beverages. According to the process of manufacture and the age of the product, there may be other alcohols besides ethyl, and we frequently hear of fusel oil (amyl alcohol) in liquors that are not properly aged (oxidized). If such liquors are allowed to stand for several years "in wood," many of the more poisonous products are transformed by oxidation, and color is imparted to the liquor. But the ethyl alcohol remains practically unchanged.

The number of alcoholic drinks is legion. The more common ones vary markedly in the amount of alcohol contained. Beer has from 3 per cent to 6 per cent. Ale and stout carry up to 9 per cent. Wines average from 6 per cent to 35 per cent. Rum, gin, brandy, and whisky may contain up to 54 per cent of alcohol. The alcohol of commerce is about 95 per cent pure, and absolute alcohol, used mostly in laboratories, must not contain more than 1 per cent of water.

Alcohol is a narcotic poison, a mild antiseptic, and a general solvent, of much use in the arts and industries, but of little use in medicine except as a solvent. Many practising physicians, including the writer, never prescribe it. There is no condition that I have encountered where something else would

For forty years Dr. Skinner was a surgeon in the United States Army. The article is from "Armies Can't Run on Alcohol," by George A. Skinner, M.D., in the Temperance Education Number of *Signs of the Times*, Aug., 1942, Mountain View, Calif.; used by permission.

not serve better than alcohol as a remedy. I say this after half a century of observation and practice as an Army surgeon.

Depressant, Not Stimulant

Through generations, alcohol has been classed as a stimulant, and only after careful study and experiment has its real action been demonstrated. While there appears to be a stimulating or "lifting" effect soon after its use, this is not due to stimulation, but to depression, or a breaking effect on the governor, so that the machine is released from its usual controls (inhibitions). The face flushes because the small vessels are no longer held in check, and consequently dilate. The heart speeds up because the governor is not in control; the tongue wags freely, often foolishly; and the whole conduct is likely to be decidedly different from that of the individual when under normal nervous control. While this resulting release from normal regulatory mechanism is often taken as a joke, and the individual "kidded" about it, it may, and often does, result in serious consequences both morally and physically. Many acts of violence and crime follow such release. Often a great amount of alcoholic poison is consumed, far beyond the body's ability to dispose of it, and sick stomach, terrific headache, and delirium, with pink elephants and snakes (delirium tremens), often follow. While the body will recover from many such insults, there is a distinct damage done each time, and delirium tremens often results in death. Pneumonias are more often fatal in the alcoholic individuals, and various forms of nerve poisoning (neuritis) are also common results.

Dangers Known, Yet Used

It is one of the curious and unexplained contradictions of society that when almost everyone knows that alcohol is harmful, and often dangerously or fatally so, and that if more than a tiny amount is taken the effects are noticeable both to the drinker and to his friends, this habit persists and is encouraged. As mentioned, this is partly due to the impressions conveyed by the clever advertising that it is "smart" and "socially correct" to be able to discuss knowingly the merits of the various alcoholic drinks and to be able to "carry" it. In fact, a socially prominent lady remarked that "every girl by the time

she is seventeen should know how much liquor she can carry," or words to that effect; such publicity from the socially admired does much to encourage the use of alcoholic beverages.

Another unexplained attitude is that toward the use of alcohol when driving an automobile. It has been widely publicized that it is dangerous to drive a car after consuming any alcoholic drink, and highway signs are numerous saying: "If you drink, don't drive. If you drive, don't drink." Yet the terrifying total of highway accidents, due to drinking drivers, continues practically unabated, and the losses in killed and injured often exceed those of actual warfare. When we read of the sinking of a ship and the loss of hundreds of lives, or of a battle that results in thousands of casualties, we are horrified, yet we tolerate the killing and injuring of more than forty thousand persons every year through auto accidents, a large percentage of them due to the use of alcohol.

Confuses Self-control

Alcohol confuses the nervous control of muscles after a very small amount has been consumed. Vision suffers early, and then the body balance. When a man who has been drinking is seated behind the steering wheel of an auto, he does not realize that his feet are well tangled, and no one else does either, until he confuses the throttle and the brake pedal. He may be approaching a curve at high speed, and think that he is using the brake, but instead he stepping on the throttle. The car leaves the road and lands in a field, if it has not hit a telephone pole or tree on the way. The car may be wrecked, and the passengers killed or badly injured. A driver may run through traffic lights because his vision no longer records colors or even lights. He collides with other cars because they do not seem to be near him, or he hits the approach guards of a bridge, or misses the bridge entirely. He fails to see or hear the warnings of railroad trains at a crossing. All this and much more may be due to the confusion caused in his vision and muscle control by alcohol.

No one has ever been able to demonstrate or prove any beneficial action from alcohol. It is stated that alcohol is a tonic, but the depressing and poisonous effects outweigh any slight beneficial action that might be present. It is lauded as a food.

but the body can oxidize only a small amount, and the balance must be eliminated by the kidneys, skin, or breath, the excess always damaging some part of the body. It is true that some bodies are much more resistant to its effects than others, but none are immune.

To Men in Service

To the men in the services I can say after serving about forty years in the Army, that nothing is gained by the use of alcohol. No one can safely pilot an airplane, drive a truck, tractor, tank, jeep, or ambulance unless he is at his best physically, and this includes normal nervous control. The constant physical and mental checks on all pilots indicate how important it is that they shall be sober when at the controls of an airplane. No gunner is of value unless completely sober. Attempting the use of highly complicated machines when the nervous system is confused by alcohol is a most successful method of aiding our enemies, and it is almost certain to result in mutilated bodies and wrecked machines. In other words, no modern army can hope to operate successfully on alcohol.

If service in the arctic or other cold region is required, alcohol should be completely discarded. One of the hardest tasks ever undertaken by the writer was that of amputating the fingers and toes, all gangrenous, of a young man who was severely frozen while drunk. Alcohol, by dilating all the surface blood vessels, allows the body to cool more rapidly than normal, hence freezing is much quicker and much more certain.

Alcohol may lessen the social chill and produce a hilarious time, but it is always at ruinous cost. Complete and continuous abstinence from all intoxicating liquors brings its reward in health, safety, and the satisfaction of a more useful life.

REALISTIC SOURCE MATERIAL

"I Saw It Happen," a feature story of soldiers and sailors in a western port city; "Our Greatest Menace in This War," "The Lure of Liquor," "We Can't Afford It," "Armies Can't Run on Alcohol," "Worst Saboteur," etc., are titles of articles in a War-time Temperance Number of *Signs of the Times*, Aug., '42. Single copies, 5 cents; 10 or more to one address, 3 cents each. Address, Mountain View, Calif.

Liquor Problems of the After-war Situation

A Syllabus for Advance Study

*"Seek the Truth
Come whence it may
Lead where it will."*

MANY KEEN THINKERS, writers, students of world affairs, are now studying, well in advance of the end of the world war, the conditions that will be met and the adjustments that will have to be made, if peaceful living is to be possible and assured. Large groups of experts and practical idealists, regional, national and international, are engaged in post-war planning—a far-reaching democratic process.

BASIC QUESTION: Should not the beverage alcohol problems of today, made acute by the living conditions and emotional surges of the war and after-war periods, receive similar democratic and scientific attention in advance of the situation that must be expected at the end of war?

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1—THE PROBLEM TODAY: Has it changed?

HAVE THE PROBLEMS of beverage alcohol in daily living—personal, social, or both—passed through changes of considerable degree in recent years?

What understanding may be gained from the new scientific information that has been appearing? What from community and national experience?

Is there significance in the recent psychological explanations and implications? In the search for motives? The spread of drink customs and social approvals? In popular understanding—or lack of it?

In renewed attention to an educational approach and basis for study that is objective, factual, scientific?

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2—DIFFUSION AND SOCIAL POPULARITY

THE USE AND DISTRIBUTION for beverage purposes of alcoholic liquors are widespread and popular; customs and tradition give them standing and influence; the advertising and promotion of the liquor-producing sales industry is proportionately wide and well-established. Much in this situation is different from that of twenty years ago at the close of the first world war, and different from that of forty years ago. Distinctions between the using and the non-using groups are less marked; outstanding drunkenness seems to be less obvious, or more generally concealed. Apparently indulgence in alcoholic beverages is more generally restrained or controlled, but more widely diffused among groups and classes.

The significance of such trends—if trends they are—may well merit serious attention in view of the coming after-war situation in the United States.

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3—ALCOHOLIC RELEASE: Its Appeals and Satisfactions

RECENT SCIENTIFIC RESEARCH has been developing a new understanding of the alcohol problem and its meaning and results in everyday life. The approach from this viewpoint of scientific study has gained enlarged attention. Psychologists and sociologists have been seeking—and finding—additional answers to the "Why" of alcoholic desire, the situations and motives back of "intemperance." Both the attractiveness and the dangers in the alcoholic "kick" are now better understood. The newer explanations relate much less than formerly to the effects of alcohol on the body and the physical health; but much more to its influence on the mind and the nervous system, the emotions, and the personality. The functioning of the brain-centers, from which the highest mental and spiritual capacities of life emerge—not the stomach—has become the place of inquiry and concern.

The presence of widespread alcoholic customs and desires in the after-war situation, in which release from the high-tension of "total war" and escape from the spiritually crushing effects of mechanized death and destruction, have been acute-

ly prominent, may well be examined in advance of that period. For alcohol undoubtedly is America's most popular mechanism of narcotic release and escape.

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4—WAR AND AFTER-WAR PRESSURES

THE DOMINANT INFLUENCES, emotional, economic, patriotic, that give direction to conduct during war time, and the reverses and reactions that follow in after-war periods, have direct influence on the problems that center in alcohol and its consequences. They make it a complicating factor in the gigantic process of transferring a nation—its men, industry, home and camp life—from normal living to the concentrations imperative during war—and *back again* from emergency needs to those of healthful national growth.

During war the ideals and endeavors of millions—in and out of service—are keyed to supreme accomplishment. Ordinarily "human nature" does not remain continuously in a mountain-top atmosphere. The "let-down" after World War, I was immediate. For five to ten years the seeking of ease, pleasure, "release," excessive wealth, self and social indulgence became a national "flight from reality." The situation expressed itself in evasion and defiance of social codes, legal restrictions, low-grade politics, graft seeking, racketeering;

it was reflected in the moral tone of home, community and nation.

Similar conditions have followed other great wars. They may be expected to follow the present one, but with this difference in the beverage alcohol situation as compared with that of the "early twenties: That the country then had accepted severe limitation as to quantity distribution, while now there is little or no such limitation.

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5—ALCOHOL AND "THE NEW DAY"

IN HIS RECENT BOOK, *The Crisis of Our Age*, Pitirim A. Sorokin, Harvard sociologist, interprets "the crisis" as the end of a civilization of centuries based on sensate values and the beginning of a new one founded on spiritual values.

In view of the new scientific interpretation of alcoholic enjoyment as one of sensate release, the place that the custom of seeking such release may be expected to occupy in any after-war struggle toward higher ideals, toward higher economic, social and spiritual levels, may well be given renewed study and serious consideration. For any considerable effort to bring about "the new day" or any democratic advance toward it, will require the keenest, most realistic thinking and

action that men can give to it. And that, not only by the leaders of the nation, but also by the masses of people of modern nations who must be back of their leaders, if progress is to be made.

At such a cross-roads hour, it is but practical foresight to consider, scientifically and spiritually, the meaning of satisfactions obtained by drug processes instead of those to be obtained through the feeling of brains and nerve functioning at their best. For frankly to face and to win over the obstacles in the way of personal happiness, national welfare, and world coöperation offers the only road to realistic accomplishment.

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PREPARING TEACHERS

(Continued from Page 6)

and working as freely as though getting full credit.

Although enrollment in courses was reduced by the war, the increase in the number of colleges offering such instruction, and the interest shown by students and teachers, marks a decided advance. One class reported that all its men were called for army service a week after opening; the instructor of three of the classes, John A. Permenter, entered military service immediately after finishing his classes.

But the work done by instructors and students alike, lays a scientific foundation for a new advance in alcoholic and narcotic educational leadership in the critical period for social and moral standards that may be expected at the close of the war.

Wartime Liquor in Australia

By HARVEY SUTTON, M.D.
School of Public Health, Sydney University

ALCOHOL has been clearly proved to be unnecessary at any age for healthy persons. As a drug in the treatment of the sick it is sparingly given by most doctors and has been given up altogether by many first class physicians.

In health it is a luxury. In this national emergency we may well ask if there is any place for a luxury which is a racial dope.

Can we, a population of seven millions, afford to pay out forty millions this year for a luxury which spoils human resistance to stress and infection, hampers fitness in adults, is a hindrance to family happiness and to the welfare of children? Its sinister association with poverty, dirt, disease, malnutrition, crime and misconduct are well known. In wartime no one can stand aside and shut his eyes to the menace that faces other groups in the community.

In the emergencies of war we stand or fall together. Anything which adds to the burdens of large numbers in the community or puts tens of thousands out of action for longer or shorter periods cannot be disregarded.

If tobacco, milk, tea, water are, or will be, rationed, or their price controlled, why cannot civilian requirements in alcohol be rationed, and cut down to at least the 1934 figure? Why should industries which add to our social problems be granted immunity?

Scientific investigation in America points strongly to the dangers of persons, not only those intoxicated, but those "under the influence," driving motor cars.

As the consumption of alcohol rose in recent years, so also

Statement by the Director of Public Health, Sydney University, to the Alcohol in Wartime Committee of Australia. Condensed from *Grit*, Sydney, March 19, '42.

have risen the deaths from automobile accidents in Australia, especially males, in spite of all the efforts of safety first and road safety propaganda.

About 800 males and 190 females were killed in 1934. In 1939 this had reached over 1,100 males and 290 females. Even this destruction, mainly of healthy young lives, has failed to convince the people of the menace of alcoholism.

This year probably 60,000 persons, mostly males, will be arrested and come before the magistrates for drunkenness. Why should the time of the police and the courts be occupied over misconduct which could be largely prevented?

When one remembers that only those drunks who are seen by the police and make a nuisance of themselves to other people are likely to be arrested, one will realize that over 100,000 persons will make beasts of themselves and render themselves incapable at a time when every faculty a person possesses—a clear head, keen eyes, active muscles, trained resource—may be needed any night or any day by everyone in the population.

In England during the last war, 1916, the "Health of Munition Workers Committee" showed that alcoholism is a proved cause of irregularity and unreliability in work.

In certain areas where the Liquor Control Board operated, the marked reduction in the consumption of alcohol was accompanied by an improvement in health, fitness and efficiency among the workers, and improvement in production.

Contribution to Understanding

I WANT TO TELL you how much I liked the spring issues of the INTERNATIONAL STUDENT. It seems to me you are reaching greater heights all the time in your analysis and treatment of the alcohol problem. When the history is written of society's struggle with and search for a full understanding of the problem, you will be listed among those who have made a real contribution.

—HOWARD E. HAMLIN, Supervisor Health and Narcotics,
Ohio State Department of Education, Columbus.

The Milk Bottle Fights for Health

By LAURA LINDLEY

"THE OBJECT OF THIS WAR is to make sure that everybody in the world has the privilege of drinking a quart of milk a day," said Vice President Wallace, half in fun, and half seriously, to Madame Litvinov. She replied, "Yes; even half a pint."

"The peace," again quoting the Vice President, "must mean a better standard of living for the common man, not merely in the United States and England, but also in India, Russia, China, and Latin America—not merely in the United Nations, but also in Germany and Italy and Japan."¹

Production and consumption of dairy products has been stressed in the United States, and 1941 showed an increase in consumption of milk and cream in cities and villages over 1940. However, the per capita consumption of butter, cheese, and all dairy products combined in the entire country showed a decline. The *cash farm income* from milk, cream, and home-made butter amounted to \$1,896,837,000 in 1941, surpassing the previous high in 1929 and the 1940 figure, due to the record-breaking volume of milk and milk products sold from farms and the highest average level of prices since 1930. In addition, milk utilized for dairy products consumed on farms was valued at \$401,843,000, according to the Agricultural Department.

"The ugly fact," said Senator Bilbo, "is that we do have nearly 10,000,000 people who are inadequately fed. . . . In my own state there are people trying to get by with food expenditures of less than 2½ cents per person per meal. . . . Even in the more prosperous northern cities there are millions who are trying to get by today on 5 cents a person per meal." Senator LaFollette said, "General Hershey, Director of the Selective Service, has pointed out that perhaps one-third of the men who were originally rejected by the Selective

Miss Laura Lindley, Washington, D. C., is Research Secretary of the Anti-Saloon League of America.

Service were rejected because of defects directly or indirectly due to nutritional deficiency.”²

The U. S. Public Health Service urges the use of milk because (a) it is a natural food, (b) it is a cheap source of energy, (c) it is a good muscle builder, (d) it is a good tooth and bone builder, (e) it is a highly concentrated food, (f) it is an excellent source of vitamins A and G, and (g) it is highly digestible.

Dairy products are being purchased by the Department of Agriculture for domestic distribution to public aid families, for free school lunches, to meet requirements of the Red Cross, for shipment in car-load lots to the United Nations under the lend-lease program, or for stabilization reserves.

American ships carry dairy products and other food to our allies in other lands—and in return some of them send us whisky, 8,373,817 gallons of imported spirits during the first ten months of the 1942 fiscal year. A Bad Deal!

“Every bottle has won a battle to get here,” boast the distillers in their advertisements. American ships in peril from submarines have brought to this country liquors that lessen efficiency, cause accidents, remove inhibitions and loosen tongues to aid enemy Fifth Columnists, collaborate with vice, aid in producing crime, physical and mental disease, and waste large sums which should be used to buy wholesome food.

The attitude of farmers and dairymen in general on the liquor question is reflected in the plank adopted by the National Grange at its 75th annual session, Worcester, Mass., recently.³

“We recommend that the Granges throughout the land join with other organizations in a campaign of education, calling attention to the evils of strong drink, and emphasizing the truth that decency and sobriety are virtues that bring their own reward. We urge that the sale of intoxicating beverages, with all its demoralizing influences, be strictly forbidden in the vicinity of military training camps. Since we are confronted with many serious shortages of material and labor, we urge the use of strict priorities in dealing with the manufacture of liquors.”

1. *Congressional Record*, 5-11-42, A1824.

2. " " 5-20-42, 4544.

3. " " 5-15-42, 4364.

We Are at War

By **GEORGE BARTON CUTTEN**

President, Colgate University

WE ARE AT WAR. Alcohol and war do not mix any better than alcohol and gasoline. Perhaps a mere voter and a modest taxpayer should not be expected to bother his head about the conduct of the war, but the fundamental strategy seems to be for us to drink our way to victory. Is this to be any more successful than the strategy the Washington officials outlined for us in 1932 when we were supposed to drink our way to sobriety?

Alcohol in War

The American Business Men's Research Foundation not long ago issued a statement in which were these words, "beverage alcohol has played an amazing part in undermining and ultimately bringing about the defeat of practically every nation that has lost the crucial decision on the field of battle or in conflict with other people. Liquor has defeated more men, more armies, more nations than any other cause." In 1925, the famous French editor, Payot, wrote, "Alcoholism, under the indifferent eye of the authorities, is, indeed, destroying the nation." As recently as the French debacle, the verdict of the government was, "Alcohol was the chief cause of the French army's collapse, and the worst of France's four greatest problems." . . . France was at that time consuming an average of two and a half quarts of alcoholic beverage a week per person, the largest amount of any nation in the world. All the great nations now at war, with the exception of our own, have made somewhat drastic regulations for the curtailment of the use of beverage alcohol.

An address by Dr. Cutten, slightly condensed, delivered at the Northern Baptist Convention, Cleveland, Ohio, May 27, 1942.

The day after the election in 1932, the *Brewery News* said, "Not one-tenth of one per cent of the youth of America know the taste of real beer—we must educate them." The *Brewers' Digest* for May, 1941, enthused in the following words:

"One of the finest things that could have happened to the Brewery industry was the insistence by high ranking officers to make beer available at Army Camps.

"The opportunity presented to the Brewing Industry by this measure is so obvious that it is superfluous to go into detail.

"Here is the chance for brewers to cultivate a taste for beer in millions of young men who will eventually constitute the largest beer-consuming section of our population."

Liquor's Favorable Position

And they were right! Nothing seems to be plainer than that we are all out for the brewers and distillers. Every large industry in this country has been curtailed except the liquor industry. Cameras, radio sets, and fire arms in the possession of aliens, about which we have been making such a fuss, might do some harm to our war effort, but how insignificant compared with the liquor interest which is not only not hindered but actually encouraged! Housewives are being rationed in sugar, but alcohol is still being made from sugar or molasses. The beer and whisky trucks have tire priority, the milk delivery trucks have not. Babies in the home can be deprived of milk and sugar, but the brewers go blithely on their way, the favored children of Washington. Nothing shows more clearly liquor's favored position than its exemption from the provisions of the Federal Food, Drug and Cosmetics Act.

On December 31, 1941, there were over 511,000,000 gallons of whisky stocked in warehouses in this country, a five years' supply. This could readily be redistilled to produce alcohol for the manufacture of munitions, but so far not one gallon has been touched for this purpose. We are sacrificing our energy and resources to build ships, for this is now our greatest need. Why ships? Well, for one thing, to send grain to Great Brit-

ain to be returned to us as Scotch whisky. Are we insane?

Isn't it about time we became serious about this war? Do we want to win it, or do we want to forget about it in a national drunken debauch? Three things have been designated time and again as absolutely essential to winning the war. What are they? First, the health of the people; second, the wealth of the people, and third, the morale of the people. Let us look at them.

Serious to Health

One medical authority in this country lists our five most serious health problems as: alcohol, tuberculosis, venereal disease, cancer, and heart troubles—and he places alcohol first. Isn't that somewhat extreme? Not at all! One of our large insurance companies reports that during the last decade rejections for heavy alcoholic indulgence have increased from 12% to 34%. One-third of insurable men and women who are condemned as unsafe risks for insurance, are rejected because of drink. From 1932 to 1936, the first four years of repeal, rejections by one company on account of drinking increased 135%. Insurance companies are hard boiled business institutions, and can't afford to make mistakes.

Tuberculosis and Syphilis

But this is not all; alcohol is not only a serious problem in its own right, but two of the other problems are aggravated by it. For years we have known that tuberculosis is made more dangerous by the use of alcohol, and some physicians say that as many as 90% of venereal infections are contracted when under the influence of alcohol. The New York State Liquor Authority has said, "The more alcohol, the more syphilis."

Insanity and Accidents

Alcohol is a serious contributing factor to two other major health problems; insanity and accidents. Psychiatrists are much concerned about the increasing burden which insanity is placing upon the personnel and finances of this country. More beds are occupied for insane patients than for all others combined. Dr. Dayton, working for the Rockefeller Foundation,

reported that 20% of the mental patients of the United States are alcoholics. In some cities and some states the percentage is much higher. Forty per cent of the admissions to Bellevue are alcoholics; 32% of the male admissions in Massachusetts are connected with alcoholism and the percentage of such female cases is rapidly increasing. In California 33% of admissions to their seven mental institutions are alcoholic cases. Mental diseases, due to alcoholism, are steadily increasing to the highest peak in the history of this country.

One need scarcely mention the matter of alcohol and accidents, especially automobile accidents. The matter has become so serious, that even the distillers and brewers, afraid it may interfere with their business, are advertising and advising against driving after drinking. Forty thousand persons are killed and a million and one-half injured every year in the United States by automobile accidents, and the percentage caused by drinking is estimated anywhere from 40% of these down. We do know that the number of deaths and accidents varies from year to year with the amount of alcoholic beverages consumed. In this situation it is not a matter of a single individual's being drunk and unfit for duty; this is a mechanized war and men must handle airplanes, ships, tanks, trucks, and jeeps. It is not only the life of one man that is in jeopardy, but the lives of hundreds of others depend upon his clear head and unclouded judgment.

Cause of Death

No other poison causes so many deaths as ethyl alcohol. It is more deadly than morphine, cocaine, or heroin, or all combined. Alcohol causes more deaths than any one of the thirty-one infectious diseases, some of which in the past have assumed the proportions of plagues. How inhuman and barbarous we should consider the Japs if they distributed typhoid or tuberculosis germs among our armies, yet we license men to distribute alcoholic beverages to our soldiers, and even to distribute them in their camps.

Resistance to any disease is dependent upon good nutrition, and no sane physician would train a man on alcohol. Since the repeal of the Eighteenth Amendment, beer for the parents has been substituted for milk for the children. The first year of repeal, milk consumption in the United States dropped 37,000,000 quarts, the second year 59,000,000 quarts, and the third year 69,000,000.

Thirty Per Cent Addicts

The case against alcohol medically and socially is just as strong and just as clear as the case against opium. The discontinuance of alcohol as a beverage would be the greatest advance in public health since the application of the bacteriological origin of disease. The insidiousness of its attack makes alcohol the more dangerous, and when 30% of the drinkers become addicts we cannot afford to trifle with it. Nature unrelentingly presents her bill.

If the nation is to specialize in public health, and we really mean it, the first step is clearly indicated. If our soldiers are to be physically fit

Dependability

IN THESE DAYS of range finders, cross hairs, precision instruments, speed, and team play, anything that confuses either mind or body, be it fatigue or drugs, is a menace. The present widespread misuse of alcohol does not go well with the intricate instruments of industry and war, or the cyclonic maneuvers of combat. Five-second relays of air bombers demand the clearest of heads and the most dependable of bodies and brains.

—RAY LYMAN WILBUR,
President Stanford University, June, 1942.

that step becomes not only advisable but imperative, for all through historical time alcohol and venereal disease have been the twin detriments to fitness in the armies of the world. You can repeal the Eighteenth Amendment, but you cannot repeal the effect that alcohol and venereal disease have upon the human body. Further, nature impolitely disregards the authority of Congress when the latter declares that 3.2 beer is not intoxicating.

Exploiting Life for Gain

Macauley said at one time: "Even the law of gravitation would be brought into dispute were there a pecuniary interest involved." Nothing shows the truth of this statement more clearly than the liquor traffic. This traffic is concerned with money on one side and on the other with the health and lives of men, their morals and their social standing, the food and clothing of their children, the happiness of their family life, their intellectual integrity, and their contribution to their country in time of peril. When stated thus baldly it hardly seems possible that one man could be found who would gamble with the human lives and interests of his fellows to that extent, but there are such, and not all among the lowest classes either.

The story of the repeal of the Eighteenth Amendment in this country is about as sordid a tale as besmirches the pages of the history of any country at any time. By it, faith in one's fellow men is rudely shattered, and our reliance in men of big business has received a severe shock. Fortunately only a portion of them were involved. It seems that about two hundred and fifty of this country's prominent capitalists opposed the enforcement of federal laws and openly rejoiced in the success of crime and lawlessness, coerced if they did not bribe legislators, distributed an unlimited amount of propaganda which proved to be

false, made promises which they knew they were unable to fulfill, in order to bring back a liquor business the taxes on which they thought would relieve them of their income taxes. One of them testified in a Congressional hearing that "a tax on beer would save one of my companies \$10,000,000 a year."

Of course, this dream was never realized. The promises they made to each other were as wild and undependable as the promises they made to the public. Liquor profits, except to the manufacturers and dealers, are always wraith-like phantoms. The tax income promised for beer alone was \$1,000,000,000. It has never reached that. But let us take that figure for a round number—this the total on the income side. What about the debit side which is not so loudly advertised?

\$15,000,000,000 Expense

The American people pay to the liquor dealers \$4,000,000,000 a year for legal alcoholic beverages. Some authorities estimate that nearly as much is paid for illegal liquor. Let us be conservative and place the total at \$5,000,000,000. The liquor dealers collect revenues from their customers and leave society to care for the results. Dr. H. M. Pollock, mental hygiene statistician for the New York State Department of Health, estimates that the economic loss to the nation of those who have indulged in alcohol sufficiently to be arrested for intoxication is over \$5,000,000,000 annually. In addition to this one group and this one item, are the economic loss of the larger group who drink and are not arrested, the extra cost for the police, the jails, the prisons, the courts, the insane asylums, the hospitals, the accidents, the alcohol-induced disease, the alcohol-induced crimes, further reckoned at an additional \$5,000,000,000 annually. These three items, all conservatively estimated, total \$15,000,000,000 a year of the nation's wealth. This estimate is nearly half the cost of the last war to us, and is about a quarter as much as we are spending yearly for this war. This is spent to collect \$1,000,000,000 in taxes—pretty expensive taxes, aren't they?

Bootlegging and Waste

There are three other items worthy of notice. Bootlegging, which repeal was to have killed, is still very much alive. Not long ago one authority said that there were one hundred illegal distillers to every legal one. The government has licensed about a half million places to sell liquor and there are tens of thousands unlicensed. The federal expense for trying to curb bootlegging is far in excess of what it was during prohibition. Nevada, with one legal liquor dispensary for every 94 persons is our most drunken state, consuming over 23.5 gallons of alcoholic beverages per person per year.

When sugar is being rationed and grain is wanted by a starving world, it is noteworthy to observe that in 1940, 2,000,000 tons of grain were used for alcoholic beverages, and over 4,000,000 gallons of molasses.

The third item, which has almost if not quite taken on the form of a scandal, is the liquor advertising offered to every magazine and news-

paper which will accept it. For this the distillers and brewers spend at least \$25,000,000 yearly, considered generally as a polite form of bribe to stifle any opposition which an editorial policy might dictate. There are still prominent magazines and newspapers which have not been for sale.

Liquor v. Education

The liquor traffic is one of our most serious financial problems. The amount spent directly for liquor yearly, \$5,000,000,000, is about twice as much as we spend for education of all kinds for all the people in the United States, including Alaska. If there had to be a choice made between national sobriety and national revenue every patriot would choose the former, but happily they are both pulling in the same direction.

Waste in War Time

But what has this to do with the war? Very much, according to the Washington authorities. Every newspaper, every radio announcement, every poster and handbill, every civilian defense speaker emphasizes the need for money to win the war. We are even taking the pennies from the children in the kindergarten to buy stamps, but at the same time we are permitting a waste of \$15,000,000,000 a year, which contributes only to inefficiency and degeneration and destruction.

President Roosevelt, in his message of May 27, 1941, used these words: "Defense today means more than fighting. It means morale, civilian as well as military." Is "Dutch courage" our ideal of morale for an American? Is a drunken man our pattern for army or civilian morale? Do we wish to repeat France's mistake, when Petain's only excuse for the collapse in French morale was that the soldiers were drunk? Hitler's youth are forbidden to drink; Japan, some time ago, decreased the manufacture of alcoholic beverages fifty per cent; Russia also has greatly decreased the manufacture and distribution of alcoholic beverages. On the other hand, Germany is making alcohol available to the captive nations it wishes to destroy, as Japan is distributing opium among the Chinese. When we provide unlimited alcoholic beverages for our soldiers as well as for our civilians, and when drunken soldiers and drunken civilians are both common spectacles, doesn't it seem as though we had our wires crossed?

Personal Matter?

There are those who say, "A man should know when he's had enough." In reply there are two things to be said: in the first place some people when they've had enough do not know anything; in the second place, when a man has had a drink he is not a good judge of when he's had enough, and the more drinks he has, the poorer is his judgment. There is one thing upon which we'll agree: the morale which comes out of a bottle is not the morale to put into a battle. No officer ever gave a wrong command because he remained sober.

Isn't the drinking of liquor a personal matter and shouldn't one decide for himself whether or not he shall drink? Ho! Ho! Isn't the buy-

ing of gasoline a personal matter and shouldn't one decide for himself how much he shall get? Isn't it a personal matter whether or not one shall have sugar in his tea or coffee? Isn't it a personal matter whether or not he shall light his home when he wants to? There are no personal matters these days, but drinking has never been one. A matter which is responsible for crime, poverty, insanity, accidents to others, shattered homes, hungry children, disrupted morals, and countless other kinds of social degeneration, can never be a mere personal matter, and sane people can hardly make such a claim.

Morale

If to counterbalance its disastrous effects, alcohol could add one jot or tittle of courage, ability, skill or manhood, we might be willing to sacrifice in order to increase morale, but unfortunately all the results are on one side of the ledger, and the effect on morale is destructive and annihilating. A sober nation with the morale born of clear thinking, determination and courage, can eventually defeat Hitler and the Japs, but a drunken nation will travel through the Slough of Despond to inevitable danger of defeat. Hitler or Yamashita is not our greatest menace; if we can defeat the enemy within our gates we can look after either or both of them.

If we were not at war, the church of Jesus Christ would not remain complacent when the health, the wealth, the morale, the morals, and the religious life of people are in jeopardy. At the mercy of every bottle of liquor are human values of which the church is supposed to be the guardian. Are we no longer interested in these? Have we abdicated as the heralds of salvation and joined the forces of destruction?

Fashion v. Convictions

The booze advertisers are now picturing John Barleycorn in a dress suit, and you are too dumb to see that under his guise he's the same old fellow. The liquor interests have finally made drinking fashionable and, of course, you must be fashionable. Mrs. Jones serves cocktails, then you must; and when you, a church member, follow her, Mrs. Jones laughs at you. The liquor people try to make you think that it is bad taste for church people to say anything against liquor—it just isn't done, you know. If the minister should mention it from the pulpit, he'd no longer be welcome at the Club. Let us quit making excuses for being dry, we've nothing to apologize for;—throw the wets on the defensive where they belong. Being dry is a thing of which I am most proud, and when I associate with drys I am associating with people who are willing to sacrifice much for the good of the community and the country.

We Are at War

But we are at war! We are facing not only a moral emergency but a national one as well. Let us act grown up and reasonable and insist that the nation shall do the same. The District of Columbia drinks four times as much spirits per person as the nation as a whole and more than any other state or territory. Sometimes I have suspected that. Is it not

about time that we let our Congressmen know that if that is what Congress stands for, that is not what the nation as a whole stands for, and not what the members of the Baptist Churches stand for? Let us insist that the military camps be cleaned up and the authority of the Army and Navy be used to clean up adjacent territory; let us insist that we go all out for this war and that the liquor interests be no longer the pet of the President and Congress of the United States. Let us insist that our representatives represent us and not the liquor interests, and that government control of liquor means the control of the liquor interests by Congress and not the control of Congress by the liquor interests.

Swedish University Student Answers:

"Why Abstinence?"

By GUNNAR NILSSON

WHY ABSTINENCE from alcoholic drink? Certainly that is a question which merits discussion and rightfully demands an answer.

The answer to the problem does not lie simply in the fact that an abstemious life may be accepted at once as the natural way of life for the citizens of today's society. For in the course of time the motives for a non-drinking life have changed in character many times. When the temperance movement first appeared, its demand for abstinence may have seemed to be the only way because abstinence was felt to be the only way of fighting alcoholism. That motive is a constant argument today. But, in addition, another has arisen, with a considerably deeper argument. It is now seen that abstinence is something good in itself, something worthy of aspiration without the necessity of considering variations in the alcohol habit itself. From the viewpoint of this motive even the moderate user of liquor appears to be incompatible with the demands which

Gunnar Nilsson is a Swedish University student of 1941-42. His article, "Varför absolutist?" appeared in the Swedish student temperance publication *Polstjärnan*, Uppsala and Stockholm, Nov., 1941. Translated by Gordon Stoeckler, Washington, D. C., it is here slightly condensed.

are placed on men of our times, demands for pure physical ability and mental poise which, at present, are considerably greater than even a century ago. The great technical equipment in the hands of men today, together with the other vast accomplishments of society, have brought it about that even the least of individual infirmities may have catastrophic consequences, not only to the individual but to all those who in different ways are dependent on him.

That alcohol is a social question, comes to us with conviction after even a fleeting glimpse into the activities of our many different social welfare and penal institutions. Alcoholism spreads its course over many Swedish homes. Crimes due to alcohol, in large percentage, have brought the criminals to our prisons, while drinkers bring death to Swedish highways. Even if we have to do, first of all, with the alcohol habit which most men recognize as immoderate, we yet cannot escape the fact that even relatively small doses sometimes have unfortunate results, aside from their bearing on crime and traffic accidents.

That alcohol has a deteriorating influence on both man's physical and spiritual being has been established by medical science. At the same time the old superstition that regarded cognac as a necessity in the home dispensary has been refuted. But truth, even now, fights a hard fight against the encroachments of old customs.

On the economic side of the Swedish people's use of liquor, there is much more to be told than that which speaks of the 200,000,000 kroner that the state receives annually as benefits in the form of taxes. Here we see how much social care and law—both more costly, thanks to the extensive use of alcohol, cost society. But what we can not see is the enormous sum demanded indirectly from the homes of Sweden in the form of lessened ability to work, neglect of family support and breakdown in the education of children, all results of the 300,000,000 kroner spent yearly for liquor.

This is the reason, as said above, why the use of alcohol, from a purely rational point of view, fails to find a reasonable justification for its existence, and therefore may be banned from cultural society today.

But a still greater motive may be seen, after reflection on

the ethical side of the alcohol custom. Our specific human existence that is so rich in nuances, capacity for fine shades of distinction and variation, is too valuable to be violated and blunted by a stupor, that has been produced merely for the purpose of obtaining a false sense of happiness, or by throwing oneself into a condition in which all the human values that we otherwise esteem most highly, thought, judgment, reason, are trampled without mercy into the dirt.

That is the reply that can be made against all alcohol habits, moderate and immoderate, for the difference between drunkenness and inebriation is and remains merely one of degree.

It may be granted, however, that men who, on a festive or other social occasion take alcoholic beverages without the least thought of inebriation, have difficulty in finding reasons, medicinal, social or ethical, which indicate that such a custom is detrimental. Considered from their personal point of view, they must be considered as being right in that there are few souls egotistic enough to say that they should desist. On the contrary, their "No Thanks" might place them in an uncomfortable position; it is not pleasant to be iconoclastic—all the less so if one is alone—even if one has ever so strong a mind for his point of view. The problem of "abstinence or not" remains, therefore, to the last a question of what are the motivations of our fellow-men, of what society demands of the individual. For him who has an interest in society and its development, who sees himself not merely as an individual but also as a cog in the vast machine called humanity, the viewpoint of abstinence is self-evident. For thereby he aids in fighting a custom which for centuries has shut out clear light from the lives of men as does a dark shadow. Responsibility lies especially heavily upon our studying youth, that youth which in the future shall occupy posts of responsibility and thereby, in higher degree than ever before, shall influence the forms that society shall take. May youth even now, in its years of study, make clear to itself that society places great demands upon it and that one of these is an abstemious life.

In and through the fulfillment of this requirement the young man or woman will have shown that he possesses that knowledge of responsibility which, first and last, is the requirement of human progress.

You may think

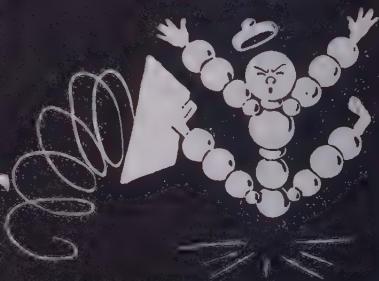
ALCOHOL



puts springs
under you



BUT



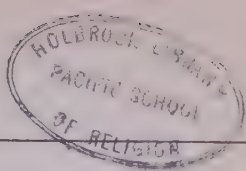
It always lets you down



—Courtesy Methodist Board of Temperance

NOVEMBER
1942

THE
INTERNATIONAL



STUDENT

OF LIQUOR IN LIFE TODAY

IN THIS NUMBER . . .

ALCOHOLIC DESIRE IN DAILY LIFE
ALCOHOL, HEREDITY, GERM DAMAGE
BASIC FACTS REGARDING ALCOHOL
DEPRESSING BRAIN FUNCTIONS
WHY LIQUOR DISCUSSION
THE POWER OF FASHION
SEEK THE TRUTH

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eper than
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NOVEMBER, 1942

Vol. XL, No. 2

HARRY S. WARNER, *Editor*

Christian Alternative to Liquor Release

By DR. GEORGE ADAM, London

THE WORLD wept with Harry Lauder when his only boy died upon the field of honor (in the first world war) and left him childless. The Sunday after the announcement of that tragedy I happened to be preaching in the City Temple, London, and Mr. and Mrs. Lauder were in the congregation. After the service they came into the vestry to see me. My heart went out to them both, but the courage of their bearing conquered such sympathetic words I felt like saying. Words of admiration rose to my lips instead. "Harry, we are all proud of the wonderful way you have borne this blow."

The answer came quickly. "When a man has been hit as I have been, there are only three ways open to him—drink, despair, or God; and I am looking to God for the consolation and courage I now need."

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Basic Facts Regarding Beverage Alcohol

By HAVEN EMERSON

SINCE THE CHIEF EFFECT of alcohol upon the human organism is through its action upon the brain and spinal cord, the demonstration of this action upon any creature other than human is impracticable. Reference must be made to the evidence offered by experimental medicine and social experience, which are in entire agreement and ready at hand in simple authoritative form, free from the bias of emotion and propaganda.

Some of the facts which everyone should know from his own conviction of the truth of the evidence after exposure to it, are:

1. The effect sought and found from the use of alcoholic beverages of any strength is due to ethyl alcohol, a narcotic drug which removes inhibitions by depressing the functions of the brain. Its use has not been found to improve any of the bodily functions of a healthy person. It is in no respect useful or necessary as a food for healthy persons. Its use tends to increase disease and accidents and contributes to shortening the length of life. It has a particularly harmful effect on persons without mature and stable nervous systems.

2. The effects of alcohol upon the drinker are best studied in his changes of conduct, which reveal inferiority of performance whether tested by the physical or psychical level.

3. The effect commonly sought by the user of alcohol is a sense of subjective well-being, which is deceptive and tran-

Condensed from an address at the Boston convention of the National Education Association as reported in the *Journal* of the N.E.A., Sept., 1941; used by permission. Dr. Emerson is Professor of Public Health at Columbia University Medical School and author of *Alcohol and Man, Alcohol: Its Effects on Man* and many other publications on public health.

sient, and when past is likely to be followed by a deeper sense of inadequacy, or discouragement, than that from which the drinker sought escape.

4. The use of alcohol by persons suffering from some sense of inferiority, or physical pain, or by those with weak characters or unstable nervous systems, tends to develop a craving and its satisfaction by larger or more frequent doses, or by the use of alcohol of higher percentage, until the person becomes so habituated that he is no longer his own master in the use of the narcotic.

5. Alcohol causes a considerable variety of diseased states and aggravates or contributes to the fatality of other and intercurrent diseases. Its use causes many deaths and is responsible for a large proportion of the admissions of inmates of hospitals for mental disease.

6. More could be said of the economic, social, and physical effects of alcohol as it is manufactured and distributed—the social costs of caring for the alcoholic and his crimes.

7. Much could be taught of the effect of even very small amounts of alcohol on the driver of an automobile or airplane or locomotive and of the measures used to detect alcohol in the blood, of an amount too small to be noticeable by the average layman.

Much of the knowledge about alcohol beyond its simple chemical and physical properties is difficult to teach to younger than high-school students. But only by gradual building up of informed and prepared minds in children of the early grades can the intricate effects of alcohol on human conduct and social behavior be taught in the latter years with any residue of reason and conviction left when the challenges of a drinking environment must be met.

No one else is in so favorable a position as teachers to give the truthful story about alcohol. When that has been done, the most ingenious of commercial advertising will make but little impression.

At a time when precision, speed, alertness, endurance, competence of body and mind are at a premium as the essentials for preservation of our form of government and a stable society, it must be evident that tolerance of alcohol, which in-

(Continued on Page 48)

Depressing Brain Functions

From Above Downward

THE ACTION of alcohol is to depress the functions of the brain from above downward in the reverse of their development in the individual and in the race. Among these successive steps the following may be noted:

1. Blunting of self-criticism. Self-criticism is the latest developed of the intellectual functions. When it is blunted, things may be done or remarks made which may not be consistent with the usual behavior of the individual. The resulting effects of this blunting are various to an almost unlimited degree; but certain of them are particularly characteristic of the action of alcohol, and emerge with considerable regularity in carefully conducted tests and experiments. Among these may be cited:

- a. Inaccurate workmanship in regard to mathematical calculations or such handiwork as shorthand and type-writing.
 - b. Uncritical self-satisfaction of the individual with his work and actions.
 - c. Disregard of occurrences and conditions normally requiring caution of act and word.
 - d. Trespass upon rules and conventions previously respected.
 - e. Impaired appreciation of the passage of time.
 - f. Talkativeness.
 - g. An argumentative frame of mind; quarrelsomeness.
2. Interference with the performance of skilled movements.

From a handbook of *Suggestions on Health Education*, issued by the government for teachers of Great Britain. The handbook was based on *Alcohol: Its Action on the Human Organism*, by the British Medical Research Council.

This is indicated by clumsiness of behavior, by the slurring of words, and by insecure muscular control.

3. The blunting of the senses—of hearing, taste, touch, and vision.

4. The display of the primary emotions. Anger may be displayed at one moment, and affection at another, similarly with boisterousness and depression, laughter and tears.

5. The failure to respond to external stimulation and the eventual lapse into a heavy sleep.

Correlating the Stages of Drink

By ALBION ROY KING

THE EFFECTS of narcotic drugs always show a close relation to the growth of mind. The last structures or capacities that are developed as the mind comes to maturity seem to be the more sensitive to any narcotic influence.

The stages of drunkenness can be closely correlated with the effects of alcohol in the three levels of mental growth. Instinctive impulses and emotional responses are the earliest levels. They characterize the behavior of an infant; sucking, crying, fear, and hate. The second level comprises all those coöordinations of muscular activity to sensory experience; walking, talking, athletic games, muscular skills. The third level comprises intelligence, the ability to improve behavior by reflection and abstract mental processes.

The pinnacle of this development is the ability of the adult person to criticize himself and adjust his behavior accordingly.

From "Growth of Mind," *The Classmate*, Sept. 27, '42. Dr. King is Dean of Men, Cornell College, Mt. Vernon, Ia.

THE INTERNATIONAL STUDENT is a valuable digest for the study of the alcohol problem.—CHARLES A. ELLWOOD, Professor of Sociology, Duke University.

Why Liquor Discussion

By E. G. DOUDNA

WHETHER we like it or not the evidence points to an increase in the use of alcoholic beverages. There is no use of wishful thinking that a majority opinion is forming on the side of those who think that alcohol is a national menace. Even the death toll in auto accidents, seems to have little influence. It will take more than accidents to overcome the inertia in social consciousness that has become inured to tragedies which a generation ago would have stunned us. The public mind is so drugged with the horrors of civilization destroying itself in war that the liquor problem seems unimportant.

Yet the evidence shows that alcoholism and the excessive use of alcohol can affect the efficiency which is needed to win this war. The anxieties and tensions of war increase alcoholism. A British publisher has just issued a book, "How to Win the Battle of Nerves." The author, a prominent physician, shows that the frequent use of alcohol as a means of escape finally results in alcoholism with all of its attendant evils. Specifically it is pointed out that it causes in a marked degree (a) increased sickness rates and loss of time, (b) increased accident rates, (c) decreases in quantity and quality of production. Alcohol is now ranked third as a causative factor in mental disease.

Why can't we get any attention to this situation? Must an honest effort to face facts, to study causes, to propose remedies, to spread information always be considered fanaticism? Shall it always be tied to reformers?

We certainly don't act this way about cancer, heart disease,

Condensed from an editorial, April, 1942, in the *Temperance Educational Journal*, Madison, Wis.

tuberculosis, and venereal diseases. We hunt for causes, encourage experimentation with remedies, and confer immortality on the doctors who show the way to reduce their impact. Do the same with alcohol and you are labeled crank, Puritan, fanatic, meddler, busybody, or worse. Apparently we prefer to be as blind and stupid about alcoholism as we were about Nazism and the Jap menace. Social isolation and moral blindness seem to require more than a Pearl Harbor to make us understand that there is a staggering, hiccougging, maudlin, delirious fifth column weakening us when we should be strongest. If we can't get sane consideration and real understanding we will get something worse. . . .

Controls of some kind are now recognized as essential by those who favor and those who oppose the use of alcoholic beverages. The danger is that we shall not recognize the truth of this statement by the New York State Liquor Authority. "Without a general understanding that liquor control is much greater than an economic or legal problem there is no hope of avoiding the old round of, first liberal laws, then abuses, then public resentment, and then prohibition, first in villages and counties, then in states. And round and round the old circle we shall go, always back to just where we started from."

If we can get a scientific approach as objective as those which defeated yellow fever, diphtheria, and dozens of other diseases, it can be done. The medical profession has always had to overcome ignorance and prejudice in every step forward. We think that the factual data should be made available and discussed without heat or partisanship so that some solution will be evolved that will make for a temperate and law-abiding society. It is possible and it might be successful.

Congratulations upon the materials from your office that reached my desk this morning.—GUY F. HARRIS, Secretary, Y.M.C.A., University of California at Los Angeles, Sept. 28, '42, in a letter to the Intercollegiate Association for Study of the Alcohol Problem.

You are rendering a most valuable service through this magazine.—JOHN MAXWELL ADAMS, Director University Work, Presbyterian Board of Education, in a letter to the Editor of *THE INTERNATIONAL STUDENT*.

The Power of Fashion

WILLIAM LOWE BRYAN
President Emeritus, Indiana University

IF IT WERE 1776 you would be using snuff. You would not have a cigarette case of gold or any baser metal. You would have a snuff box as fine as you could afford and you would use the box and the snuff as aids to conversation or as weapons of diplomacy as now you use the cigarette. In 1776 you would be using snuff because everybody that was anybody was doing it. You might like snuff or hate it. The coercion of the fashion and the consequent habit would keep sending your fingers to your nose with the titillating touch of tobacco.

Now there is another fashion. No one that I know uses snuff. I never saw a pinch of snuff in my life. Snuff is out. Cigarettes are in. Cigarettes are in because of advertising. It is not just that the seductive picture of loveliness and manliness exchanging cigarettes appeals to you, though it does appeal to you. It is that ten thousand times ten thousand such pictures have affected effectively so many millions that the cigarette has become a coercive fashion followed by a coercive habit. It is a fashion which has frightened the makers of cigars almost more than the haters of tobacco in any form. How could anybody be anybody in 1776 without a snuff box? How dare anyone now say no to the offer of a cigarette?

Am I writing a dissertation for or against snuff or the cigarette? I am not. I am writing because I see THE GIGANTIC POWER OF ADVERTISING—greater now than ever before in history—creating another coercive fashion, the fashion of drinking hard liquor. It is *going to be as hard* presently *to be queer and refuse whisky as it is now hard to be queer and refuse a cigarette*. And this none should forget. Of the many habit-forming substances—coffee, tea, cocaine, morphine, whisky, etc.—*some* bite in and never let go until they have brought their user to ruin.

You may row a boat to safety across the Nigara River some miles above the falls. But of those who dare that ride, many will be sucked down the rapids and over the brink.

THE DISCONTINUANCE of alcohol as a beverage would be the greatest advance in public health since the application of the bacteriological origin of disease. The insidiousness of its attack makes alcohol the more dangerous, and when 30 per cent of the drinkers become addicts we cannot afford to trifle with it.

—GEORGE B. CUTTEN, President, Colgate University.

Children of Alcoholics

THERE ARE THREE REASONS why the children of alcoholics tend to become alcoholics and none of these comes from any alteration of heredity caused by alcohol itself. The reasons are:

1. The poor home environment of the alcoholic family, the neglect of the children and the lack of parental control are fertile grounds for the development of the habits of excess.
2. The children find in their parents an example of excessive drinking and they tend to follow this example.
3. Many excessive drinkers come from families in which mental disorders and abnormalities of personality are inherited traits. Individuals with such inherited traits are often much less able to resist intemperance to alcohol than are normal individuals and so become excessive and abnormal drinkers.

"Alcohol, Heredity and Germ Damage." Lay Supplement, No. 5, *Quarterly Journal of Studies on Alcohol*.

Your recent circular, "A Modern Approach to the Problem of Beverage Alcohol," is an exceptionally sane appraisal of the present liquor situation and of solution of its problems.—F. M. GREGG, Psychological Consultant, Nebraska Wesleyan University, Lincoln, Sept. 24, '42.

The military authorities blamed drink for the moral collapse of the French armies.—*The Sunday Chronicle*, London, Aug. 25, '40.

Seek the Truth

Editorial

By HARRY S. WARNER

THERE SEEMS TO BE a reluctance both among those who question and those who approve the custom of alcoholic enjoyment, to seek or accept the knowledge that scientific research and re-tested experience have to offer as to what it really represents. Many fear the truth—or too much of it; they want just enough to ease their sense of questioning.

But the questions being asked today about alcoholic drink go more to the heart of the problem than did some of those, such as "saloon or no saloon," "how much or how little," "control" or "legalize" or "prohibit," that have been in the public eye for a half-century. And this questioning, while not loud at the moment, is deep and far-spreading under the realistic conditions of a world war.

Some young people, and others not so young, are questioning the whole basis of the anti-alcohol movement of a century, the movement which has tended toward personal abstinence, legal restraint and banishment. On the other hand, vast numbers, both younger and older, quietly but with increasing concern, are asking the meaning of the growing use and promotion of alcohol, its social dangers, and the whole alcoholic tradition in society.

The present situation, therefore, brings a strategic opportunity for a re-examination of the whole liquor problem in modern life; its sources, its social and personal consequences; for a comparison of methods of solution, tried in the past, or in other countries, or contemplated for the future.

"The truth, the whole truth and nothing but the truth" on this old problem of public controversy is all that is of value in the situation now before us.

To seek this truth, to seek it wherever it may be found, to seek it wherever it may lead, without regard to prescribed ob-

jectives, or the preservation of social traditions, or of personal gratification, is the first step to be taken. It is the only one that has educational value or that will appear as fair and comprehensive to the younger people of today, to educators and to all who are not afraid to face the facts and to base conduct and next steps on dependable knowledge.

Seek the truth. It is enough. If it is the truth, it will stand; if not, none but those who coin profits out of excess or indulgence at any cost, will want it to stand. If not in accord with modern scientific research, it will fall before analysis, intelligent criticism and up-to-date experience. No lasting reform, anti-alcohol, anti-war, better distribution of the right to work and to live, can be based on anything else.

Seek the truth. It won't come of itself. Misinformation, mixtures of fact and ignorance, assumptions, emotional reactions and prejudice are everywhere, well-nigh overwhelming in their pressure on individuals and groups.

Selfish propaganda comes of its own motive-force. It comes from the radio, the movies, the newspapers, the magazines, the trade and market-fliers. With a vision of increasing profits, liquor trade-promotion is a widely diffused and powerful educational factor driving through "on its own steam." Youth and older people alike "fall for it." Only those who look beyond trade propaganda are sophisticated enough really to *want to know* what it is all about. Disinterested knowledge must be sought, studied, verified and consciously adopted.

Seek the truth, wherever it is, wherever it may lead. Some of our information on beverage alcohol is too narrowly known. It is too mixed with prejudice, personal interest. But both youth and older people today in increasing numbers want the truth, whatever it is, the facts about this whole controversy; what causes it; why people differ so radically about it; most of all, the substantial, scientific information, physical, psychological, social, economic, that is already abundant and available to educators and educational leaders. They want a long view interpretation of what is coming out of experience and observation from day to day.

The whole truth. Adequate knowledge on the liquor problem today, if it is to face reality, will include the effect of al-

cohol on the human system,—on the stomach, heart, muscles, brain and nerves; yes, but much more. These facts do not include the whole truth, perhaps not even that part of truth which makes the problem the outstanding problem that alcohol is in modern society.

The effects of drink, the amount that produces intoxication, the definition of intoxication, the action of alcohol on the organs of the body,—these are only the mechanical outline by which to approach other phases and facts of the problem. Even the regular drinker acknowledges these dangers. They have long been known, from experience as well as from scientific research; yet the evils of drink and drink excess have gone right on.

The whole truth on the liquor problem as it is today will include a study of why men seek alcoholic pleasure and release; what motives supplement and strengthen drink customs; why they have prevailed so widely during the ages and today. Just what is alcoholic “joy” and what does it mean in group and social life?

It will include study and discussion of the effect of alcohol on the mind and its efficient operation; on the emotions and their control. *It will give special attention to the psychological approach* and to the new scientific information brought out in recent years.

It will include the effect of alcohol on the personality and the growth of the individual, on life as a whole and the conditions and habits that in the long run produce happiness. It will include a thorough study of social, economic and moral consequences, a balancing of the losses and gains from drink and from the normal pleasures that have been replaced for vast numbers of poor people by narcotic release.

It will not omit study of how the alcohol habit is initiated, cultivated, extended by trade-advertising, propaganda, social-pressure and the driving power of those who make profits by “turning non-drinkers into drinkers, occasional drinkers into frequent drinkers, moderate drinkers into heavy drinkers.”

It will not overlook the well-known and fearful burdens caused by drink or the rationalizations by which men seek to justify the continuance of their excesses.

ALCOHOL SUCCESSIVELY weakens and suspends the hierarchy of functions of the brain, and therefore of the mind, in the order from above downward; that is to say, in the inverse order of their development in the individual and in the race.

—ALCOHOL INVESTIGATION COMMITTEE OF GREAT BRITAIN.

And it will include frank and fair investigation of the various methods tried in the United States and other countries toward solution and of new or comprehensive programs that seek the various sources out of which come the excesses and strength of intemperance.

Face reality. In recent years, we have "*failed to consider the body of knowledge* developed by workers in the medical and associated sciences on the inescapable physiological and psychological effects which ethyl alcohol has on man. . . . Most of us knew nothing about it. We are finding out now," says Curtis Billings, public safety expert, referring to automobile traffic.

This is realism "with a vengeance,"—that, having ignored the accumulated and increasingly accurate body of scientific knowledge for years, it should thus be brought forcibly to public attention by the rough facts of everyday experience,—by the accidents due to drinking drivers, drinking pedestrians, the spread of drink among all groups, the wide use among women, the growing use among younger people, the increasing indulgence in the home, the growth of a new group of heavy drinkers, the incessant demands of the liquor trade for removal of all limitations and the growing power of liquor propaganda over public opinion and the instruments for the forming of public opinion.

To be realistic today we must "face the facts," such facts, frankly, fully, freely; *all the essential* facts, including the sources, forces, implications, human tendencies, social attitudes and the varied processes necessary to reach all the sources of the consequences of liquor in modern life.

Swedish Students Lift Movement to Higher Levels

THE COURSES OF STUDY, prepared and offered by SSUH, (each year in the problem of beverage alcohol) have large meaning, not only in the social education of the student members of the society, but also in the full intellectual orientation and guidance of the temperance movement of Sweden. This claim, which might easily seem to be the outgrowth of an over-appreciation of the contribution being made by this student organization, can be successfully supported. It can be shown how questions taken up in the SSUH are coming to the front, little by little, in the larger organizations of the country. And of special significance is the fact that many of the leaders of the temperance movement of Sweden received their education and training while student members of SSUH. Many illustrations of such leadership may be given. We who are now members of SSUH, belonging to a society of intellectual culture, without self-pride must understand our duty as a society to the larger movements and make our contribution to them. For the activities of SSUH are being observed and greatly valued in these other organizations. As Jalmar Furuskog said, "In spite of its limited size the SSUH has lifted the whole Swedish temperance movement to a higher level. I hesitate to think of how it might appear had SSUH not been founded."

These words are the highest praise that SSUH can receive. It is our responsibility to see that the society is and remains worthy of this praise.

From "The Alcohol Question as an Object of Study," in *Polstjärnan*, student temperance publication of Sweden, Nov., '41. Translated by Gordon Stöckler. Condensed.

S. S. U. H., the Swedish Student Youth's Temperance League, is widely organized and active in the universities, technical and teachers colleges, and other higher schools of Sweden. It has been a keenly intellectual and cultural force, although never large in membership, in the schools and social life of Sweden for forty-six years.—Ed.

FACTS ABOUT THE SSUH

Sveriges Studerande Ungdoms Helykterhetsförbund (Swedish Student
Youth's Temperance League)

1. The SSUH was founded in 1896.
2. The SSUH has more than 3,000 members.
3. The SSUH has more than 100 local organizations.
4. The SSUH organizes each year experiments on the alcohol question.
5. The SSUH has four colonies for children from tubercular homes.
6. The SSUH provides each year about 6,000 days of care for these children.
7. The SSUH arranges yearly a four days' course of study in Stockholm.

BASIC FACTS REGARDING ALCOHOL

(Continued from Page 35)

variably dulls the mind and slows the body, weakens the conscience, and makes men vulnerable to disease, is unpatriotic and sometimes treasonable.

The question educators can help to answer is whether life is better worth living with a body and mind free for their most capable expressions of individual and collective liberty, or in a state of intermittent narcosis where depression of the mind makes inferior the quality of human behavior.

"Cocktail saboteur" is the only name that fits the drinking driver today. At a time when the nation is being geared to prevent the waste of every human and material resource, the motorist who drives while under the influence of liquor is coming pretty close to treason."—DON F. STIVER, National Safety Council's Committee on Tests for Intoxication, *C. S. Monitor*, May 9, '42.

Coöperation is not a sentiment; it is an economic necessity.—CHARLES STEINMETZ.

If you can succeed in reducing the enormous expenditure in strong drink, every trade in the country will benefit. More food will be bought, and better kinds of food; more clothing will be bought; more education, and a better kind of education, will be given to the children.—WINSTON CHURCHILL.

The Alcoholic Desire

In Daily Life

*Seek the Truth
Come Whence It May
Lead Where It Will*

Home Parties

OCCASIONAL hard drinking is the devil to me. Taverns I have totally abandoned; it is the private parties in the family way, among the hard-drinking gentlemen of this country, that do me the mischief.—ROBERT BURNS, letter, Jan. 2, 1793.

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After Peace Comes

Right now there is a big demand for beer for the service camps, and for shipment to the armed forces that are on foreign soil. This has been a big help to many breweries, in the bolstering of their sales.

But—What about the period we'll face following the Peace?

Are we as an industry doing anything to prepare for that time?

True—the present series of Brewing Industry Foundation ads is based on the right conception of what beer advertising should do; make more people desire beer, because it is a wholesome, healthful, satisfying, goodfellowship beverage.—EDITORIAL, *The Brewers' Journal*, July 15, 1942.

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After the Collapse

The excessive consumption of alcohol by the French soldiers during the eight months before the German offensive was responsible for the collapse of the French front.—*Le Temps*, Paris, Aug. 10, 1940.

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Keeping Men Out of War Effort

That "chronic alcoholism was keeping 1,000,000 persons out of the war effort" and that "60,000 new cases are being discovered each year" were statements made by Dr. Thomas

J. Meyers, President of the American College of Neuropsychiatrists, at the annual meeting of that organization at Cleveland, July 12, according to a report in the *Cleveland Plain Dealer* of July 13, 1942.

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Non-Drinking Bartender

"Fifty-three years a bartender and he never had a drink," is the record of Steve Kelly, head bartender of the Union League Club, Chicago. "There has been small change in people's drinking habits or tastes in half a century," he says.—*Washington Times-Herald*, Oct. 2, '42.

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Sugar Rationing of Churches

The people of the churches of the Middle West believe that the teaspoon of sugar which goes into coffee and lemonade is more important to the morale of America than the teaspoon of sugar that takes the bite out of the gin in a Tom Collins.—*The Prairie Farmer*.

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Seeking Improvement

We urge the Federal Communications Commission and the National Broadcasters' Association to ban all radio advertising of alcoholic beverages, including beer.

We commend the newspapers and magazines which do not advertise liquor, and urge the public press everywhere to follow their example.

We believe no woman should be employed in any public place where hard liquors or beer are sold and drunk on the premises, nor should liquor or beer be permitted to be sold in grocery stores.

We believe that beverage alcohol, through social drinking in the homes, in social clubs, night clubs, and roadhouses, is a distinct menace to our national life.—National Temperance Council, Washington, D. C., Jan. 28, 1942.

THE INTERNATIONAL STUDENT represents a very excellent program of public education . . . the most useful type of program for the Association.—CECIL C. NORTH, Professor of Sociology, Ohio State University.

George Bernard Shaw

BEER IS "THE CHLOROFORM of the working classes," says Shaw. "The vast majority of moderate drinkers do not feel the worse for it because they do not miss the extra efficiency they would enjoy on the water wagon. . . . The moment they are in a position to develop their fitness to the utmost, whether in work or play, they begin to grudge the sacrifice of the last inch of efficiency which alcohol knocks off, and which in all really fine work makes the difference between first rate and second rate." —*British Journal of Inebriety*, Jan.-Apr., 1942.

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The Cocktail

Even more dangerous than ordinary alcoholic beverages are many of the cocktails prepared for social occasions. These contain essential oils such as oil of Indian hemp which changes ideas of time and space, oil of absinthe, which induces convulsive attacks similar to those of epilepsy; nutmeg and other spices act in the same way. The cocktail is taken iced on an empty stomach. The absence of food and the irritation set up by the oils both make for rapidity of absorption. One reason for the ice being used is probably to mask the too pronounced flavors. The alcohol in the cocktail, owing to its strength and the conditions under which it is taken, induces a feeling of elation and excitement; natural modesty, shyness, and self-control become less evident, and prudence and restraint are lacking. The onlooker sees causeless merriment, boldness of speech and expression. All this is dangerous.—*The Farmer*, South Australia, quoted by *Grit*, Apr. 9, 1942.

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Changes the Custom

A young English Army Chaplain says that when he first asked for a "soft drink" at the Officers' Mess, he was told, "We have no such things here." "Well," he replied, with a smile, "You will have to get some for me." Since then, soft drinks have gained in popularity and now for economy are ordered by more than half the mess.—*The New Campaigner*, London, Spring, '42.

Unsettled Problem

No subject of scientific inquiry has led to such contradictory results or such diversity of opinion as the alcohol problem.—SIR FREDERICK GOWLAND HOPKINS, *Brit. Jr. of Inebriety*, Jan.-Apr., 1942.

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Social Economics

From the point of view of social economics, the expenditure of capital and labor on the production of alcoholic drinks is uneconomic. It actually represents the expenditure of capital and labor upon the production of a commodity which is distinctly opposed to the existence of well-being and which reduces the productivity of other capital and labor by reducing the efficiency of labor.—JOHN LONGDEN, *Australian Economist*, *The Alliance News*, May-June, 1942.

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Criminality

Taking 1,637 consecutive male commitments to the Massachusetts State Prison and 928 female like commitments to the Massachusetts Reformatory for Women, between the years 1936 and 1939, Drs. Geneva Gray and Merrill Moore, writing in the *Journal of Criminal Psychopathy*, found that, of the men, 66.3 per cent and of the women 49.4 per cent were alcoholics. They found that the future outlook for the alcoholic prisoners is considered less favorable than for the non-alcoholic. There seems to be less difference regarding family background between alcoholic and non-alcoholic women than is the case with men. The alcoholic women had more alcoholic conjugal partners than the non-alcoholic women. Considering the type of offenses, it was found that crimes against public order and sex crimes account for 17.1 per cent of alcoholic and 20.8 per cent of non-alcoholic men; 34.2 per cent of alcoholic and 72.6 per cent of non-alcoholic women. In the list of crimes against persons were found 30.2 per cent alcoholic and 32.9 per cent non-alcoholic men; 6.5 per cent alcoholic and 11.2 per cent non-alcoholic women; crimes against property showed 50.9 per cent alcoholic and 46.3 per cent non-alcoholic men; 5.2 per cent alcoholic and 14.2 per cent non-alcoholic women.

Blood Test

ACCORDING TO recommendations by the American Medical Association Committee for the Study of Problems of Motor Vehicle Accidents, the results of chemical tests for alcohol are interpreted as follows:

1. Persons having a concentration of alcohol of less than 0.05 per cent by weight in blood or its equivalent in urine, saliva or breath, are not in line for prosecution for driving while under the influence of alcoholic liquor.

2. All persons having concentrations above 0.15 per cent in blood or its equivalent in other body fluids or breath, should be considered under the influence. (This per cent was chosen since all persons show loss of control and mental clarity with a concentration of 0.15 per cent.)

3. Many persons will be found definitely under the influence of alcohol when the alcohol concentration is between 0.05 and 0.15 per cent but the committee "recommends prosecution only when the circumstances and results of physical examination give definite confirmation of such influence."—*Journal of the Am. Medical Association*, May 16, 1942.

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Prostitution

"Prostitution has always been connected with alcoholism in the history of civilization," says Dr. J. D. Rolleston and adds the saying of Jane Addams, well-known social worker, that "alcohol is the indispensable vehicle of the White Slave Trade, without which this infamous trade would no longer continue." Rolleston continues that an employed woman soon becomes unemployable as the result of drink and accepts the one avenue of earning her living still open to her.—*Brit. Jr. of Inebriety*, Jan.-Apr., 1942.

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Alcohol and Genius

Instead of being a stimulus to literary, especially poetical, composition, J. D. Rolleston, M.D., F.R.C.P., says alcohol is a depressant of imagination and a detriment to the power of expression. He quotes the French poet Theophile Gautier who says of the writer Hoffman:

"I do not deny that Hoffman often smoked and sometimes got drunk on beer or Rhine wine, but that may happen to anyone and has very little to do with his talent. It is well to disabuse the public as to these supposed means of exciting inspiration. Neither wine nor tobacco can produce genius. A great man when he is drunk, goes wrong just like anyone else; falling into the gutter is not the way to rise into the clouds. I do not believe that anyone has been a good writer when he has lost his senses and his reason."—*Brit. Journal of Inebriety*, Jan.-Apr., 1941, 51.

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The Professions

The medical superintendent of a London workhouse reported that drink was always the cause of the downfall of the doctors and lawyers among the inmates.—DR. J. D. ROLLESTON, *Brit. Jr. of Inebriety*, Jan.-Apr., 1942.

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Four "D's" of Delinquency

"The four causes of delinquency," says Judge E. J. Milne, superintendent of the Whittier State School for Boys, California, "are death, divorce, drunkenness and desertion. Other causes are: permitting children to be out at night, and having no parents at home to greet them when they return."—*The Religious Digest*.

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Popular Errors

According to J. D. Rolleston, M.D., F.R.C.P., the following are popular errors regarding alcohol:

1. That wine and beer do not produce alcoholism.
Of 1,000 patients treated by Forel in Europe, the greater number became inebriated through use of wine and beer and especially wine.
2. That alcohol is a stimulant.
Really, it is a narcotic.
3. That alcohol holds an important place in therapeutics.
Actually, there has been a remarkable decline in the last 40 years.
4. That alcoholic drinks are indispensable for promoting sociability.—*Brit. Jr. of Inebriety*, Jan.-Apr., 1942.

Alcohol, Heredity and Germ Damage

Condensed from "Lay Supplements (No. 5) on Problems of Alcohol"

TWO OF THE FUNDAMENTAL QUESTIONS concerning the use of alcohol, the two upon which there is probably more discussion and misunderstanding than any other, are the questions of germ damage and the inheritance of alcohol addiction.

The first is important because it concerns the stock of the human race. Does the use of alcohol cause this stock to deteriorate and degenerate? The second is important because it concerns the development of alcoholism, and therefore its control. Do the children of alcoholics inherit a craving for alcohol?

Everyone can see the broad social and deep personal importance of these problems. Questions are asked: Does the use of alcohol by either or both parents bring deficiencies and ill health to the children they have? If such deficiencies occur, do they result from occasional intoxication, or only from alcohol addiction and chronic alcoholism? If deficiencies occur, will they be passed on to succeeding generations? If one marries into a family in which there are alcoholics, is it likely that the children will have the craving? Do alcoholics come from families of "bad" heredity, that is, families in which mental disorders, feeble-mindedness and other defects are common?

In giving here the best answers that science has obtained for these questions, two points are to be kept constantly in mind. Where the answer is "yes" it is important that it be said emphatically, for the prevention of alcohol addiction and the maintenance of a good stock of the human race are most important. When it is "no" it should be stated definitely, for false belief is harmful, since it can cause much unhappiness.

Condensed from "Alcohol, Heredity and Germ Damage," prepared and issued by the *Quarterly Journal of Studies on Alcohol*, 4 Hillhouse Ave., New Haven, Conn.; copyright, 1941; reprinted by permission.

Germ Damage

The male and female germ cells contain all the elements which make up the hereditary endowment of the child. Any damage to the germ may alter these elements and so affect heredity. The germ cells are well protected in the body and, moreover, if they are injured, instead of becoming abnormal they usually die or cease to develop; only sterility then results. The problem here is: Does alcohol injure the germ cells to just that slight extent which does not cause destruction but which does cause abnormality? The scientific facts indicate that the use of alcohol does not injure the germ cells and that it does not cause hereditary defects or weaknesses in children.

In considering the evidence for this statement, one fact must be continually borne in mind. What we are discussing here is the fundamental problem of heredity as it concerns injury to the human egg or sperm—and all heredity lies within these sex elements. The determination of heredity ends at conception. Drunkenness on the part of the father and drunkenness on the part of the mother do not result in the conception of children whose hereditary endowment is more or less abnormal than would be that of children from these two parents if they did not use alcohol. With that fact, heredity ends.

Injuries which occur to the developing child after conception and injuries which occur to the child after birth do not belong to heredity. No one will deny that a mother who is frequently drunk, whose health is actually injured by the excessive use of alcohol, is a poor mother to bear and raise a child. Equally, no one will deny that a father who is a chronic alcoholic is a poor father and makes a home unsuitable for a child. But these facts do not concern the heredity of the child—the germs from which it was conceived—any more than do poverty, illness, neglect and brutality. They belong to what is called the environment—the surroundings—of the child, and not to its heredity. Many people erroneously speak of heredity when they really mean the home life of the child.

Acute Intoxication and Germ Damage

The belief that intoxication at the time of procreation might cause damage to the child is so ancient that we find it expressed in the myths of the Greeks. Vulcan, blacksmith of the gods,

was supposed to have been born lame because his father, Jupiter, begot him while intoxicated.

This idea has been put to test by modern science. One step has been to find out whether or not alcohol reaches the tissues of the reproductive organs. Experiments have shown that it does, and that the concentration of alcohol there is approximately the same as in the blood that supplies all tissues of the body. In very severe intoxication, the concentration of alcohol may rise to 0.2, 0.3, or even in rare instances to 0.5 of 1 per cent. Concentrations above the last figure are dangerous to human life. These facts do not indicate that alcohol does or does not injure the germ cells. They indicate only that, as with all other tissues of the body, alcohol reaches the germ cells. The concentration is, of course, extremely low.

In intoxication so severe as to cause death in man, no injury to the tissues of the body has been found. Intoxication results from the disturbances in the functions of the nervous system caused by alcohol and not from injury to it; death is due to failure of respiration. Germ cells do not have nerves; they do not become intoxicated, and they are injured by alcohol only when it is present in concentrations far higher than those causing death from failure of respiration—concentrations which are strong enough to be “germicidal.” Thus, in a sense, the body protects the germ cells; it is sacrificed before they can be injured. The resistance of the germ cell in the body to chemical substance and the toxins of disease is well known—and alcohol does not form an exception. No acceptable evidence has been offered to show that acute alcoholic intoxication has any effect on the human germ, or in altering heredity, or in the cause of any abnormality in the child.

Chronic Alcoholism and Germ Damage

Acute intoxication causes no injury to the organs and tissues of the body, or the germ cells, but the daily excessive use of alcohol may, after many years, lead to chronic alcoholism. In chronic alcoholism the body is definitely injured. Is it possible that the germ cell, too, may be subject to injury in chronic alcoholism so that defects from this cause will appear in the child?

This is a question which must be dealt with within the proper limitations already stated. We are dealing only with heredity—the germ cell—not with the influence of the poor nutrition of an alcoholic mother on her unborn child, or the influence of the alcoholic parents on the home life of the child.

In many of the studies made in the past on both animals and human being, these limitations have not been maintained. The results are often confusing. They have been directed toward comparing the families in which one or both parents were chronic alcoholics with those in which neither was an alcoholic, in respect to the number of children, the number of miscarriages, infant mortality, occurrence of disease, and occurrence of feeble-mindedness, epilepsy and mental disorders. The conclusions reached in many of the older studies on these points cannot be accepted; statistical procedures used were often at fault. However, many of the observations made may now be used and reinterpreted in the light of modern knowledge. In studies made today it is pointed out that comparisons should not be made between alcoholic and temperate families, but between the children of the same parents before and after the parents became alcoholics. Scientifically this principle is correct, but it has not given much practical help, since in most instances, it is impossible to determine when drinking in the parents became excessive. We are therefore forced to use information obtained from the comparison of alcoholic and temperate families, a fact which demands great caution in interpretation of the information.

1. *Number of children.* Practically all the investigations as to the number of children in alcoholic and temperate families have the same result: the number of children in the alcoholic families is greater. This numerical superiority holds even when the economic status and social level of the families are the same. The alcoholic families had approximately one-third more children than the temperate families.

This result is the opposite of that found in experiments on animals. But no profound explanation is required. The number of offspring of animals—such as are used in the experiments—always approaches the maximum possible, and this maximum is influenced by the nutritional state of the parents. The alcohol given interfered with the animal's nutrition. Hu-

man beings ususally exercise some discretion in the number of children ; the larger number of children in the families of alcoholics reflects only neglect of responsibilities.

2. *Number of miscarriages.* Studies have shown that in alcoholic families the mothers have more miscarriages than in temperate families. This has sometimes been erroneously interpreted as an indication of damage to the germ cell. The true explanation is to be found in the simple fact that, in general, the number of miscarriages increases as the number of conceptions increases. There are more conceptions and more children in the alcoholic families and therefore more miscarriages.

3. *Infant mortality.* It is clear that the mortality of the children in alcoholic families is much higher than in temperate families, in fact, nearly twice as high. This occurrence has been taken, but erroneously, as the best possible evidence of germ damage by alcohol ; it has been presumed that because of germ damage the children were weakened and because of their weakness had less chance to survive. In reality they had less chance to survive, not because of defects in the germ, but because of the environment into which they were born. Because of the irresponsible and irregular habits of their parents they were neglected.

The fact that the high mortality among infants of chronic alcoholics is not due to the development of hereditary defects and inherent weakness is emphasized here for an important reason. If these unnecessary deaths are to be prevented, the facts must first be known. When the belief is held that the high mortality is due to germ damage, the prevention seems hopeless. Hereditary weaknesses cannot be remedied after the child is born. When, however, it is realized that the high mortality is not due to fundamental weakness of the child, but instead to home and social conditions, their remedy is no longer impossible.

4. *Occurrence of disease.* What has been said here regarding alcohol and infant mortality applies exactly to alcohol and the occurrence of disease in children. Disease is not due to weakness acquired by the child from the alcohol used by the parents ; it is due to lack of prenatal care and neglect of the child after birth because of the excessive drinking habits of the parents.

5. *Occurrence of feeble-mindedness, epilepsy and mental disorders.* The occurrence of mental disorders, feeble-mindedness, idiocy and epilepsy is much more frequent among the offspring of abnormal drinkers than among those of moderate drinkers and abstainers. In many instances, but not all, there is a definite relation between heredity and the disorders dealt with here. But as with infant mortality, idiocy and epilepsy among the offspring of alcoholic parents cannot be taken as showing that these conditions resulted from the alcohol or from the germ damage due to the alcohol. Unlike infant mortality, home and social environment play little part in causing these disturbances. The explanation is to be found in the fact that alcohol does not make bad stock but that many alcoholics come from bad stock. The offspring inherit the defects of the parents. The defects predispose to alcoholism.

The Heredity of Drinkers

The first question we deal with here is: Is the craving for alcohol inherited? If we wished to take advantage of technicalities, our answer correctly would be "no, it is not inherited." We could make this answer because abnormal drinking and the craving for alcohol are acquired traits and acquired traits are not inherited. If, however, we phrased our question another way it would perhaps express more nearly what the reader has in mind on the subject and the answer would be different. To the question, are the children of alcoholics more apt to become alcoholics themselves than are the children of temperate parents, the answer is definitely "yes."

There are three reasons why the children of alcoholics tend to become alcoholics and none of these come from any alteration of heredity caused by alcohol itself. The reasons are:

1. The poor home environment of the alcoholic family, the neglect of the children and the lack of parental control are fertile grounds for the development of the habits of excess.

2. The children find in their parents an example of excessive drinking and they tend to follow this example.

3. Many excessive drinkers come from families in which mental disorders and abnormalities of personality are inherited traits. Individuals with such inherited traits are often much less able to resist intemperance to alcohol than are normal in-

dividuals and so become excessive and abnormal drinkers.

The importance of this last item lies in the fact that while environment—home life and parental example—can be controlled, heredity, once the child is born, cannot be altered. If a weakness which predisposes to poor adjustments, such as to alcohol addiction, is inherited, then the children of alcoholics will tend to become alcoholics. It is highly important to find out what proportion of alcoholics are predisposed by inheritance.

Many investigators have shown that the great majority of alcoholics have mental disturbances and abnormalities of personality. These disturbances, although not due to alcohol, predispose to alcoholism. The fact that they exist does not prove that they are inherited or that they will be passed on to children, or justify the statement, often made, with its implications of hopelessness, that these traits must pass to children—that the children of alcoholics must be alcoholics.

When one examines critically the maze of statistics that have been gathered it becomes clear that the results obtained depend upon what sort of drinkers are studied. When the investigation is limited to true alcohol addicts, and to criminals who are in institutions, more than 75 per cent have ancestors with definite mental disturbances and abnormalities of personality. But when the investigation is broadened to include what may be called "general run" of alcoholics, the figure drops to 40 per cent. Forty per cent is a high figure, some 8 or 10 times as high as for the public at large.

Conclusions

1. The use of alcohol does not injure the human germ and cause abnormalities in heredity.

2. Excessive users of alcohol frequently come from families of poor hereditary stock.

3. The defects they inherit are not caused by alcohol but they may predispose to alcoholism.

4. The greater incidence of disease and mortality among children whose parents are abnormal drinkers, as compared to those whose parents are temperate, is not due to germ damage. It is due to the low standards of living and to neglect in the homes of excessive drinkers.

Noted Physician's Opinion

THE ONLY GLORY in life is to leave the world better for having been in it. Intoxicating drinks do not help us to do that. When I made up my mind that I would be as *perfect a citizen* as I could be, the first thing I did was to swear off the use of all alcoholic liquors.—SIR WINFRED GRENFELL, M.D., *New Campaigner*, London, Spg., '42.



Alcohol Education

There is hardly any branch of medicine to which the question of alcoholism does not penetrate. . . . Much more importance might be attached to the subject of alcohol in the teaching of public health than is done at present. . . . A campaign against alcoholism is as worth while as one against venereal disease, cancer, or tuberculosis.—J. D. ROLLESTON, M.D., F.R.C.P., *Brit. Jr. of Inebriety*, Jan.-Apr., 1942.



Control of Kaffir Beer

To reduce drunkenness among the natives, South Africa in recent years has resorted to municipal control of Kaffir beer, inaugurating Municipal Beer Halls for their special use. The first year that the halls were in operation, 1938, arrests for drunkenness increased 17 per cent over the previous year. In 1939, the increase reached 21 per cent. Convictions for illicit sales increased 8 per cent in 1938 and 27 per cent in 1939. "Drinking in the Municipal Halls is not in place of, but in addition to, the illicit drinking."—*The Tribune*, Capetown, South Africa.



Homes for Alcoholic Women

A home for alcoholic women at Highbury, carried on with marked success for some time, was destroyed by enemy action in 1940. Now, realizing the importance of such work, another home has been opened at Winchmore Hill.—*The New Campaigner*, Spring, '42.

Interest of Truth

"Many advertisements (of alcoholic beverages) contain statements which amount to palpable untruths," says a recent report of the British Royal Commission on Licensing. Condemning anonymous medical testimony which claims that beer has considerable food value, it states: "This claim is not supported by medical or scientific authority."

o o

Destroyed Before Jap Onslaught

When the Japanese were about to attack the Dutch possession of Sourabaya, all the liquor in that place was destroyed. Again, at Hong Kong, great quantities of whisky were destroyed before the Japs entered the city. Liquor is to be included in the scorched earth policy, in the event of invasion by the Japanese in New South Wales. These precautions have been taken to prevent the possibility of liquor-maddened Japanese troops attacking civilians, says *Grit* (Apr. 2, 1942).

o o

France Self-warned

On June 13, 1939, the Academie de Medicine, Paris, instigated by the increase of alcoholism in France, made the following requests of the authorities.

1. That laws regulating the installation of public houses and their hours of opening be strictly applied.
2. That public houses be immediately and considerably reduced in number.
3. That new regulations be applied concerning the days and hours of opening of each public house.
4. That they be closed during strikes, elections, etc.

In April, 1940, before the collapse of France in June, a communique was issued by the French which stated that alcoholic intoxication was prevalent in the army including both certain commissioned and non-commissioned officers. The percentage of soldiers sent to the hospitals for alcoholism was twenty times higher than in the worst years following the last war.—*British Journal of Inebriety*, Jan.-Apr., 1942.

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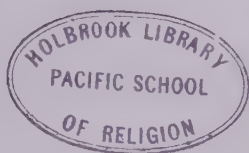
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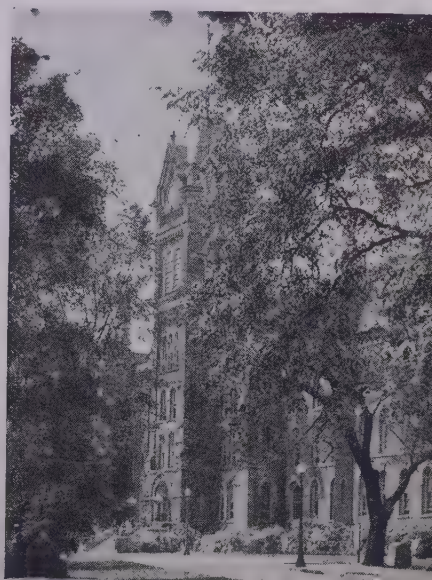
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OF LIQUOR IN LIFE TODAY



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THE INTERNATIONAL STUDENT

JANUARY, 1943

Vol. XL, No. 3

HARRY S. WARNER, *Editor*

Drink Atmosphere in Childhood

Editorial

THERE IS A SPARK of creative ability in nearly all of us who like to count ourselves normal human beings; a very little in some, more in others, a vast amount of infinite value to the race in a limited few.

It comes to us through heredity, in the combinations of the biological make-up that are transmitted to each generation by the preceding generation. While the capacity of genius is more often marked in certain hereditary strains than others, outstanding in many family lines that have won renown, it is not limited to such lines, nor is genius as such inherited. It may appear, and frequently does, among the children of families of medium, or apparently lower ability. And the children of the men of genius are not necessarily or often of equal ability to

(Continued on Page 91)

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Preparing for Post-War Activities

The International Student Moves to Central Location

FROM THE SUPER-CROWDED National Capital, the Editorial Office of the INTERNATIONAL STUDENT and the office of the Intercollegiate Association for Study of the Alcohol Problem have moved to Columbus, strategic central city, near the heart of the country.

Washington is wholly—and rightly—absorbed in prosecuting the war. When the war ends, more than ever in our national history, it will be the center of political affairs, international and national, a world capital of political interests. But Columbus, an educational and travel center, with its great State University, thirty-five colleges within 100 miles, high-standing state educational system and keen interest in the beverage alcohol problem, will provide opportunities, it is believed, for a wide, new educational and scientific approach, such as are not readily available everywhere.

In addition, easy access to all parts of the country, lower rents, moderate operating costs and convenient publishing facilities, are advantages that help to insure efficiency and gain support.

From this central location, the STUDENT will be effectively edited and widely distributed; new pamphlet publications, based on recent scientific research, will be issued; and all material issued will be made easily accessible to busy educators, student leaders, ministers and libraries.

From this central location we are ready to do our full share in developing an enlarged scientific and educational approach to the beverage alcohol problem of today, and especially to prepare, in advance, to meet the reactions in social and moral standards that must be expected at the close of the world war.

Beginning Well Made

In recent years the *Intercollegiate Association for Study of the Alcohol Problem* has made a decided beginning in a new program of education on the problems of beverage alcohol as they affect life today. Through its series of fourteen "New Understanding" monographs, its periodical for students and teachers. *THE INTERNATIONAL STUDENT*, the circulation of which is 95 per cent to colleges and high schools, and its other specialized publications, it has emphasized the long view of thorough education, for service and leadership, rather than immediate results in liquor problem solution. Its objective has been—and long has been—the enlisting and basic equipment of qualified leaders for later action and life-service toward solution. And to this end, it seeks to utilize the latest and best in material and technique that education and scientific investigation of recent years has developed.

Under the theme, "*Seek the Truth, Come Whence it May, Lead Where it Will,*" the Association has undertaken to interest and encourage students and teachers in college, and by its publications teachers in high schools, to take positive leadership in developing an educational program adequate to meet the national liquor problems of America. For this is the task that the educational interests of the country, more than any other, are qualified to do and should be responsible for doing.

Basic Program

With the coöperation of college leaders—interested faculty members, leaders of student groups, secretaries and pastors of students, directors of religious foundations in college communities, high school teachers, principals and librarians, it is believed that an educational approach may be made to the liquor problem of today that will afford a foundation for more constructive and lasting advance than has ever been accomplished in the past.

In large part, this "new approach" program of open-minded, frank analysis and discussion—factual, objective yet realistic—is unique in the whole movement for temperance, not only in the United States, but also in other countries in which the beverage alcohol custom has been seriously questioned.

A Sociological View of Beverage Alcohol

By ARTHUR J. TODD

IN CONSIDERING the social problem of alcohol, the sociologist must first make it clear that he is talking about alcohol as a factor in the societal complex and not about whether prohibition is a good or bad social policy. That is, he is concerned primarily with what is rather than what ought to be. Yet the facts he assembles should offer a pretty clear basis for determining social policy. So he doesn't preach; he just lets the facts talk for themselves. Now what facts are relevant?

No person lives in a social vacuum. His actions are more or less determined by the whole society of which he is a member, and his behavior involves everybody else. We are part and parcel of each other, which is only another way of saying with Paul that we "are members of one another."

Since we are so bound together by invisible yet powerful strands into a web of thought and contacts, several simple facts or principles emerge. The social group tends to act as a unit in relation to other groups—to trade, to defend itself, to protect its members, to insure living conditions, to prevent situations inimical to its own welfare and existence. This means that the group must and does impose certain patterns of behavior, certain ways of doing things, indeed a whole fabric of do's and don't's upon its members. This code of behavior, largely informal and unconscious, constitutes much of the education given to children by family and school. From this same code the individual derives his "rights." Sociologically considered, rights are social privileges derived from group needs and consecrated by group experience. There is nothing inherent or inalienable about them.

Dr. Todd is Professor of Sociology and Chairman of the Department at Northwestern University. This article is from "The Sociologist Says" in *Forward*, Philadelphia, Dec. 5, '42; copyright, used by courtesy of the editors of that magazine.

Now let us see the implication of these facts. It should be clear that if drinking alcoholic liquors endangers or weakens a group in its struggle to maintain and defend itself, the will of the group may be imposed upon its individual members to persuade, constrain, restrain, or prohibit against their use. By the same token, no individual can plead his natural or inalienable right to drink, any more than he can to take his neighbor's property, or dump his garbage into the street, force his sexual attentions upon some unprotected woman, or start a glue factory in a fine residential district. Rights are socially derived, and most of our conduct is socially patterned. Moreover, the thicker the social web, the more complex the social situation, the denser the population, the more frequent the social contacts, the greater the need for social controls. Hence, the increasing number of laws, ordinances, regulations, and codes. All social interaction is more or less on the pattern of traffic, hence the obvious need for "stop and go" signals—systems of control.

Now, the more dangerous the substance or activity, the more imperative the need for control. Hence, the rigorous regulations about explosives, importing of narcotics, transporting of plant pests, reporting of contagious diseases, abatement of fire hazards, traffic in pornographic books and pictures. How dangerous to society is alcohol? Is it to be classed as a major hazard, therefore subject to rigid control? The liquor traffic has always been recalcitrant; it has always been "agin' the law"; it has refused to police or regulate itself and has resisted social control.

That alcohol is something less than a social good, if not indeed a social hazard, is implied by a series of facts. For example, until the recent violent relapse to unrestricted traffic in liquor, women were either by law or by the mores excluded from saloons. Sale of liquor to minors has been restricted or defined as a crime. The right of the state to prohibit manufacture or sale of alcoholic beverages has been established in America by a series of court decisions which have made it clear that whatever "property right" the distiller or tavern keeper might seem to possess was so much less than the damage he had been inflicting, and no compensation was due him for its loss. The laws against "drunken driving" of automo-

biles are evidence of awareness that liquor is not just an innocuous commodity like bread or sugar but something in the nature of a very real social danger.

The sociologist sees further evidence of the alcohol hazard in laws permitting divorce for habitual drunkenness, permitting the community to intervene on behalf of and to remove children of alcoholic, abusive, neglectful parents.

The sociologist, moreover, has to take into account the very large contribution of alcohol drinking to industrial and particularly to traffic accidents, as these constitute a strain upon the social fabric. Likewise, most criminologists recognize alcohol as a factor in certain types of crime; and probation and parole officers require their charges to "lay off the drink" during their term of supervision. Here alcohol is clearly recognized as antisocial in its tendency. Social policy with regard to it reduces considerably to the question, "How heavy a load of weakness, dependency, taxation for support of jails, hospitals, institutions for mental defectives, neglected children, accident insurance, et cetera, can it carry?" It is granted that drinking is a social pattern of behavior—marginal it is true, not a biological instinct; it is socially learned and transmitted, hence has a certain degree of social sanction. But human history is the record of selecting between "values"; eventually less socially valuable traits and acts are weeded out.

The methods for social control are in no small sense the very core of sociology. Space forbids a full exposition of them here. It may be said, however, that four things are essential.

First, to recognize that the means of patterning behavior are highly varied, and that legislation is comparatively recent as a measure of social control. Primitive social controls were comprehensive and very effective, yet because these groups were small did not include formal legislation. Legislation appears when the social mass grows large and thick.

Secondly, active public opinion is absolutely necessary to support restrictive and prohibitory legislation, and it must be positive as well as negative. In short, temperance or abstinence must be made "good form" and inebriety must be branded as "bad form."

Thirdly, this public opinion can be secured best by coördinated education. And that means not the old-fashioned com-

pulsory teaching of physiology—the scare or horror method. Pictures of hobnail liver never scared anybody into temperance. Children and adults must be taught that drinking is incompatible with good sportsmanship, safe traffic on streets and highways, industrial efficiency, wise use of leisure, good health, and provision of adequate resources for better forms of recreation. Sound temperance education will include the experience and work of traffic police, insurance companies, safety councils, and recreation leaders, as well as teachers, textbook writers, ministers and temperance workers. It will utilize such facts as were uncovered by the Chicago Recreation Survey; for example, that the annual expenditures for liquor in Chicago (only a typical city) are at least double if not four times the total public-school budget; or four to eight times the total appropriations for all forms of public recreation.

Fourthly, such education for temperance and control of alcohol must be continuous. It cannot be sporadic and succeed. The bitter lesson of the Eighteenth Amendment proves that you cannot sit down and congratulate yourselves that a good job has been done when finally a law is passed, and expect that law to execute itself. Remember that the generations overlap, and the on-comers are ever waiting for their education. But above all, never forget that adults are rather rare in this world.

The main trouble with our world is infantilism. Very few attain emotional maturity. Hence divorce, low-gear'd amusements, mob mind, alcoholism, race prejudice, war. So long as people seek "escape from reality" through resort to narcotics and drugs like alcohol they will need education and even restraint. If, as some social prophets forecast, the future is a "race between education and catastrophe," here is one of the most important elements in that education. Certain it is that the survivors of this present world conflict will have to husband every ounce of energy and resources to maintain existence itself, to say nothing of providing the social margins necessary to progress toward a better way of living.

The rôle of liquor as a waster of energies and resources may force itself upon post-war-world planners as a major phase of social strategy.

When is a Man Intoxicated?

By HARRY H. PORTER

WHEN is a man intoxicated? This question has caused more severe headaches to enforcing officers and courts of justice than almost any other. It arises most frequently in cases of operation of motor vehicles, manslaughter by automobile, in many criminal cases where intoxication is alleged by the defense to be so extreme as to deprive defendant of the necessary criminal intent, and is becoming increasingly important in industry where intricate machines require of the operator a clear brain and a well poised equilibrium.

The answer to this question has too long been left to opinion and guesswork, and when the answer to this question is in issue, the opinions and guesses have always been conflicting. The net result has been that miscarriages of justice have taken place in perhaps the majority of cases.

To provide a definite and satisfactory answer to this question, science has made its distinct contribution. In the year 1936 the National Safety Council's Committee on Tests for Intoxication was given the picture of 40,000 traffic deaths per year and 1,400,000 personal injuries to drivers, passengers and pedestrians, from all causes in traffic, and was asked to ascertain just what part alcohol played.

Accidents vs. War

The traffic accident picture has been a grim one since the year 1920. In nineteen months of America's participation in the World War, 50,510 Americans were killed in action or

Condensed from *Allied Youth*, Washington, D. C. In addition to being Chief Justice of the Municipal Court of Evanston, Judge Porter is a recent Chairman of the Traffic Section of the National Safety Council.

died of wounds while some 234,300 received wounds in action. In the 19 months period ending December 31, 1941, 56,900 were killed by automobile and 1,900,000 more were injured by automboile on our streets and highways. *More deaths have been caused in traffic since the year 1920 than in all the wars America has participated in since 1775 if we consider deaths of our own people only.*

The economic loss thrust upon society by the appalling traffic accident rate amounts to about \$1,740,000,000 per year, or more than enough to defray the entire annual cost of the public school system of the nation.

Getting Information

Faced with this picture the Committee, which then consisted of some twenty-three members, went to work. These men were drawn from as far east as Burlington, Vermont, as far west as Los Angeles, California, as far north as St. Paul, Minnesota, and as far south as Dallas, Texas. They were police officials, safety directors, lawyers, medical men, toxicologists and motor vehicle administrators.

The first job undertaken was the gathering of statistics on traffic accidents from all the forty-eight states of the nation. These statistics when finally collected proved to be so incomplete and unreliable that no truly accurate account of the relationship between alcohol and traffic accidents could be drawn. However, nearly all of the committee members individually believe that *alcohol is responsible for somewhere between 40% and 60% of all death and injury accidents caused by automobiles on our highways. In other words, it is the No. 1 traffic safety problem.*

Drinking Driver

Our experience has shown us that, strangely enough, the really dangerous driver is not the man who is thoroughly saturated with liquor. This type ordinarily recognizes his own deficiencies and attempts to compensate for them by slower speeds and greatly increased care.

The really dangerous driver is the man who has had a few drinks and is thoroughly and unqualifiedly sold on his own so-

briety and his own unequalled driving perfection. This type of driver we have been calling the "drinking driver," to distinguish him from the obvious drunk. This is the type of driver who usually is acquitted by our American juries because the evidence against him is extremely conflicting and unsatisfactory. This is the type of driver who is definitely convicted beyond a reasonable doubt by the scientific tests.

Five Tests

There are, today, five well known tests for determining the degree of alcoholic influence from which a human being suffers. These tests are: (1) Spinal fluid test, (2) Saliva test, (3) Blood test, (4) Alveolar breath test, and (5) Urinalysis.

The blood and spinal fluid tests require the services of a skilled physician and samples must be withdrawn by instrument from the body of the suspect. For these reasons, it is anticipated that the urinalysis and alveolar breath method will become increasingly popular, because samples of urine and breath may be taken by the average police officer with little trouble on the scene of the accident or immediately thereafter.

From thousands of experiments performed upon living beings and cadavers, the medical members of the committee and the toxicologists have discovered and verified the fact that there exists an almost mathematical constancy between alcohol in the alveolar breath, or in the urine, and alcohol in the blood. In the case of urine samples taken one hour to one and one-half hours after drinking, this relationship is expressed as 1.35 to 1. In other words, there is about a one-third overplus of alcohol in the urine of the subject to that amount which will be found in the blood. In the case of alveolar breath alcohol to blood alcohol the relationship is 2.000 to 1.

Any person may drink any given quantity of alcohol and so long as all of it remains in his stomach he will never become intoxicated to the slightest degree. It is when the ingested alcohol is absorbed into the blood from the stomach and small intestines and is carried by the blood to the brain that we begin to have intoxication. This intoxication will vary as the concentration of alcohol which reaches the brain varies. Therefore, if we are able to determine the amount of alcohol in the

subject's blood we can determine the degree of drunkenness of the subject.

We asked the medical members and the toxicologists of the committee to establish a figure at and above which all men, for the purposes of law enforcement, might be considered as definitely under the influence of alcohol. After considerable experimentation, and taking into account the legal definitions of the phrase "under the influence of intoxicating liquor," which had been taken from the court reports by the lawyer members, these medical men and toxicologists gave us the following set of figures which were later (May 16, 1939) approved by the American Medical Association's House of Delegates, by adoption of the Report of the Association's Committee to Study the Problems of Motor Vehicle Accidents:

.05% or less by weight of alcohol in the blood (accused presumed not to be under the influence).

.05% to .15% by weight of alcohol in the blood (accused may or may not be under influence—prosecute or not as the objective symptoms indicate).

.15% or more by weight of alcohol in the blood (accused deemed *prima facie* under the influence, and burden shifts to him to overcome this presumption by competent evidence).

The use of the chemical tests to determine the condition of defendants as to sobriety or intoxication has furnished a complete and satisfactory answer to our question as to when a man is intoxicated for the first time in the history of American jurisprudence. If carefully made, these tests give results which simply cannot be controverted.

The American jury no longer need acquit drivers because of the uncertainty of the evidence. Prosecutors need no longer submit uncertain cases to juries or to courts. The tests as readily acquit the innocent as convict the guilty, and therein lies their real value.

The tests have been used in thirty-seven of our states, in hundreds of cities, and more than 10,000 cases have already been presented to the courts in this country based upon the test results.

Science again has made its contribution to law enforcement and to human welfare.

The Fashion of Social Drink

By **GEORGE B. CUTTEN**
President Emeritus, Colgate University

THE HERD INSTINCT in humanity is important for the weak—the strong do not need it. The imitative instinct is strong in children and some people never outgrow it. Hence fashion becomes a dictator for large groups who know no independent thinking or action.

Morals are a matter of geography, to a great extent, and of time, though there are fundamental values which are unchangeable. Being a nation of lawbreakers, we were easy prey for the liquor traffic in the campaign to make the serving and drinking of liquor a fashionable custom at a time when its sale was a breach of the law of the land. Not only men but women became drunkards. There is nothing that makes me as pessimistic about our present situation as when I see a woman who obviously has been drinking.

There is great danger in the growing fashionability of social drinking. There are far too many Americans who would rather be accused of immorality than of unfashionability. Today liquor propaganda and liquor advertising are making drinking fashionable among the so-called “best” of both sexes. But what is to become of a church that bows to fashion instead of to right?

How the liquor men must laugh up their sleeves to hear church people spreading their slogan that “you can’t make people moral by law.” Of course you can’t. Morals are judged by behavior and law does control behavior. It is just silly to question that. During the prohibition period, the Bowery Mission in New York and others like it almost had to go out of business. Now they are swamped. But I am not as interested in the reclamation efforts with old sinners in those missions as I

Condensed from an address by Dr. Cutten, retiring president of Colgate University, Hamilton, N. Y., at the National Convention of the Woman’s Christian Temperance Union, Birmingham, Ala., Oct. 2-6, 1942.

am in a program of prevention. We are following the accepted methods of the medical field when we use the preventive theory and try to surround young men with such an environment that they will never need a Bowery Mission cure.

We can't make people moral by law any more than we can make them healthy by law, but do we say that the laws which forbid spitting on the sidewalk and similar preventives of the spread of tuberculosis are a failure because we still have many persons suffering from that malady? "No," we say, "look at the statistics and see how the numbers have decreased." We judge those laws by what they have accomplished. Suppose we judge the prohibition law by what it accomplished. Despite a sharp decline in the number of deaths due to alcohol and alcoholic psychosis during prohibition, the wets maintained that the law was a failure. Yet in 1920 first admissions to hospitals in New York for alcoholic psychosis were 1.2 per 100,000 population, an all-time low. In 1941, seven years after repeal, the figure was 7.2 per 100,000, an all-time high.

When repeal came, the brewers themselves asserted that "millions of young men" did not know the taste of beer and would have to "be educated." Truly there were millions of young men who never had seen a drunken man, much less a drunken woman.

Adolescents of both sexes are frequenting the public houses of England in increasing numbers. This has been brought about by the strenuous advertising campaign of the brewers, the payment of high wages for juvenile labor and the lack of restraint at home on account of the absence of the father.

Heretofore, drink in the juvenile courts was looked upon as an environmental factor which developed because of the habits of the parents or guardians, but today drink is a "primary element in the personal habit and downfall of the young delinquent."

It has been established that the young people between 16 and 20 years of age who have been arrested for crime extending from car stealing to burglary, in a large proportion of the cases, "had been drinking intoxicants at the time when the crime was committed."—*Western Temperance Herald*, May, 1942.

America's 1942 Liquor Bill

By ELSIE G. RODGERS

THE LIQUOR ISSUE today becomes more tense under the quickened tempo and tensions of wartime. In the midst of contradictory claims of opposition and support, it is our purpose to set down a few well-documented facts. These should stir the imagination of the reader, and start him on a search for the answer to these questions: How serious is the liquor issue? What does liquor cost the country? What can and should we do about it?

How Much Does America Drink?

The fiscal year, July 1, 1941, to June 30, 1942, covers the six months before and six months after our entry into the war. The preliminary figures on production and consumption of the United States Department of Internal Revenue show that 2,114,482,128 gallons of tax-paid, legal, domestic liquor were consumed during that year.

This amounts to 6,000,000 gallons pouring every 24 hours through 410,000 retail outlets—three times the number of public schools in the entire United States. It is equal to: 16.01 gallons, annually, of liquor of all kinds for every man, woman, and child of our 132,000,000 population. This is a sharp rise over the per capita consumption of 14.07 gallons in 1941.

The problem becomes acute among the men and women in the armed services and in industry. Beer is available in the canteens of military camps and, except in a few dry sections of the country and areas declared "out of bounds" by commanding officers of military establishments, hard liquor is sold freely.

Courtesy of *Social Progress*, Dec., '42, Philadelphia. Miss Rodgers is Associate Director of the Department of Social Education and Action, Presbyterian Board of Christian Education.

While it is true that distilling plants have been taken over for the duration for the manufacture of industrial alcohol, official figures show 541,188,318 gallons of spirits alone in bonded storage on June 30, 1942—a five-year reserve.

America Pays

In what coin does America pay for liquor? The nation must compute its bills in money, for the sum is great; but, much more, we must count the cost in terms of human life, and moral and spiritual values.

ECONOMIC COSTS. Federal officials, testifying in war-tax hearings, placed the sum spent in 1941 by American consumers of alcoholic liquors at \$4,000,000,000, and mentioned the liquor and gambling trades as the beneficiaries of a good share of increased spending in defense centers. The cost to consumers of illicit liquor is variously estimated at from 30 per cent to 40 per cent of the price paid for legal liquor. Five billion dollars, therefore, would be a conservative annual total for the purchase of liquor, a sum twice that spent for education of all kinds for all the people of the United States.

To this must be added a great volume of hidden costs in terms of liquor-caused crime and accidents, liquor-law enforcement, maintenance of police, hospitals, jails, and other services—another \$5,000,000,000. Of loss and inefficiency of man power, Dr. Horatio M. Pollock, Mental Hygiene Statistician of the New York State Department of Health, says, "The human wastage from alcohol in diminished or destroyed earning power in drinkers is not less than \$5,000,000,000 a year."

To offset this \$15,000,000,000 cost, much is said of liquor taxes as an important source of government revenue. In 1941 liquor taxes, according to the statement of the Distilled Spirits Institute, amounted to \$1,400,000,000. This is a huge sum indeed, but small when compared with costs already noted.

Health

HEALTH. Dr. Haven Emerson, noted authority on public health, said recently: "There is no evidence that alcoholic bev-

(Continued on Page 92)

The Alcoholic Desire

In Daily Life

*Seek the Truth
Come Whence It May
Lead Where It Will*

"Normal" and Wartime Drink

WITH WHISKY PRODUCTION now stopped entirely stocks are sufficient for five years of normal drinking, at least three years of wartime drinking.—*Business Week*, Oct. 17, '42.

o o

Priority, or What?

Resolved that the proper authority be urged to classify ice cream as food, since we consider it as more beneficial to health than beer, for which there is an unlimited priority of gasoline.—Ohio State Grange, *Ohio State Journal*, Dec. 11, 42.

o o

Five Glasses

Five glasses of beer cost the lives of five persons in a New York subway on Sunday night. The motorman upon whose steadiness the safety of his passengers rested. drank beer instead of eating his lunch, with the result that he ran his train at a 40-mile speed without slowing down for a curve, causing New York's worst underground accident in fourteen years.

Five glasses of beer—five fatalities. The cost is all out of proportion to the privilege.—*Christian Science Monitor*, Apr. 30, '42.

o o

Drink Patterns, Scottish Style

A man who was said to be unable to resist a fight when drunk was sent to prison for 30 days at Stirling Sheriff Court for committing a breach of the peace outside a Lennoxtown public-house. He admitted 13 previous convictions.—*Glasgow Evening News*, Aug. 8, '42.

At Glasgow Central Police Court a fine of £2 was imposed

on a man who pretended to be a weights and measures inspector when he appeared on a charge of disorderly behavior. He was under the influence of drink at the time.—*Glasgow Evening Times*, Aug. 5, '42.

Two Thurso men appeared in Wick Sheriff Court on a charge of breaking into the St. Clair Hotel with intent to steal. They had entered the hotel in an illegal manner for the purpose of getting to the bar for a drink. A fine of £5 was imposed.—*John o' Groat Journal*, Aug. 7, '42.

o o

Like Last Saloon Days

They rationed folks to one quart a day . . . more than enough for anybody, but people started buying for hoarding purposes. . . . The lines of customers form big snakes like the day preceding New Year's . . . clerks are worn to a frazzle. Café owners have been using the loafers to make purchases . . . hotels their waitresses to . . . lay in a supply . . . folks try to disguise the paper sacks but nobody can quite disguise a quart.—JOHNNY JONES, *Cols. Eve. Dispatch*, Dec. 11, '42.

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To Educators

When the famous *Literary Digest* poll was taken in 1933 the percentage of educators voting to retain prohibition was larger than of any other profession—even greater than ministers.

You plainly sensed what would happen if repeal came. You knew the evil effects of beverage alcohol. You knew a fiat of Congress that 4 per cent beer is not intoxicating did not make the truth. You knew that the desire for revenue from liquor did not change the fact that the return of legalized liquor would mean misery, and degradation and poverty to untold thousands.—*National Prohibitionist, Chicago*, Oct. 1, '42.

o o

Bowery Bums

Most of them like liquor and dislike work, one as much as the other.—Chief Magistrate HENRY H. CURRAN, *Time*, Nov. 30, '42, 23.

A Different Person

BUT A POINT of greater practical importance is that without signs of intoxication in the full ordinary or in the legal sense of the term the bearing and individual attitude of mind suffer temporary change as an effect of the drug; and those in contact with the person so affected have for the time being to deal with an altered individual whose mind lacks temporarily its normal factor of judgment, and conspicuous elements of self-control—accuracy, avoidance of accidents, tactful handling of colleagues and subordinates, observance of discipline, punctuality, reticence in matters of confidence are all jeopardized.

—*Alcohol: Its Action on the Human Organism*,
Published by the British Government.

Seeking the Truth

The well-qualified seekers after truth have returned with valuable knowledge that can be sorted out from the misconceptions, errors and fallacies and applied to the solution of the basic problem (of alcohol). *It is a major task, but not an impossible one.*—*Alcohol Explored*, HOWARD W. HAGGARD and E. M. JELLINEK.

o o

Not Chief Cause of Cirrhosis

While it is recognized that alcohol may play a rôle, and perhaps a predominating rôle, in a certain number of cases, it must be conceded that in general, factors other than alcohol are responsible for cirrhosis.—DR. RUSSELL S. BOLES, Associate in Medicine, University of Pa., *Sci. News Letter*, Nov. 21, '42.

o o

London Hospital

Founded in 1873, the London Temperance Hospital was unique in that use of liquors in treating disease was discouraged at a time when 95 per cent of hospital patients had daily

rations of alcoholic drinks. At first, the hospital received much ridicule because of its principles but the results of the treatment followed were so good that unfavorable criticism soon ceased and by 1880, a decrease in consumption of alcohol, both among patients and in social life, was evident.—*British Journal of Inebriety*, Jan.-Apr., 1942.



Prefer Hot Drinks

Although there are licensed canteens for English miners, a hot drink—tea or coffee—is usually preferred by the worker once he has left the mine and bathed in the company-provided baths. It was feared, when the baths and canteens were instituted, that increased expenditures for alcoholic drinks would result, but this has not been the case.—*The Temperance Advocate, Australia*, Feb. 25, '42.



Australian Consideration

"What strikes a visitor from another country to our Australian cities is the amount of drunkenness, particularly among men in uniforms," says the *Adelaide Stock and Station Journal*. . . . "The sight of inebriated soldiers in the street is actually a depressing influence upon American visitors. In dispensing hospitality, one might remember that teetotalism is more prevalent in America than Australia, and it is not always a kindness to press upon American boys a taste of liquor to which in their homeland, they are unaccustomed."—*Grit*, Apr. 16, 1942.



Soft-pedals Liquor Propaganda

According to a recent announcement in *News Chronicle*, the British Broadcasting Company has issued orders that drink is henceforth a forbidden subject. The *Alliance News*, June, says: "This reform is long over due and we hope that the new policy will be carried out. Unlike the chain broadcasting companies of America, the B.B.C. has hitherto been restricted very little on the matter of liquor propaganda."

Social Custom Becomes Constructive

By REV. GEORGE LITTLE, Toronto

A STATE GOVERNOR announced that at an official reception no liquor would be served. Three married couples took a stand in a community club and after a discussion liquor was omitted from the monthly party. A minister from his pulpit politely asked his people not to invite him to dinner parties where liquor was served, requested them not to serve liquor at weddings and stated that he would refuse to marry any person under the influence of liquor. The head of an insurance company taking his most successful agents to a convention suggested that the company delegation do no drinking and his request was observed without resentment. At a military banquet an officer with several decorations turned down his glass and others at his table followed his lead. The power of social custom may be used for sobriety as effectively as for so-called conviviality.—*The Temperance Advocate*.

Knowledge Sufficient for Solution

FOR MANY OF THESE (scientific investigators) there is a fund of positive knowledge which permits tentative solutions. And such solutions are often of great value, for mankind has succeeded in many aspects of life aided by nothing more than tentative solutions to his problems.

In the field of alcoholic research the combination of active and tentative solutions is sufficient to furnish a basis for dealing intelligently with the problem as a whole.

—*Alcohol Explored*,
HOWARD W. HAGGARD and E. M. JELLINEK, '42.

JAPAN RESPONSIBLE FOR KOREAN INTEMPERANCE

"Japan fairly swims in strong drink," said Dr. Charles Allen Clarke, recently returned from Korea and Japan. Japan is responsible for the spread of strong drink, the opium habit and prostitution in Korea. Since Korea was seized by the Japanese in 1910, temperance work done by missionaries has been greatly opposed by the Japanese.—*Christian Science Monitor*, Oct. 6, 1942

VENEREAL DISEASES

It has been shown that in the last World War, venereal diseases cost the United States Army a loss of almost seven million days, equal to a full year's absence from duty for 19,000 men. Only battle wounds and influenza cost more in terms of days lost.—DR. ARTHUR T. McCORMACK, Sec. Kentucky State Board of Health.

Alcohol is the bedfellow of syphilis and gonorrhea. . . . The story of many cases of sexual immorality begins with the influence of drink. Alcohol is generally accredited with increasing sexual desire. The unquestioned sexual excitement is not due to stimulation of the generative organs but to the loss of self-control and the anesthetic action of alcohol upon the higher centers of the brain.—DR. MILTON ROSENAU, Prof. of Preventive Medicine, Harvard University.

AMERICA DRINKS MILK AGAIN

Figures obtained from the Milk Industry Foundation show that the daily average sales of milk increased 14.30 per cent during July in comparison to a year ago. Daily average sales amounted to 8,377,017 quarts compared with 7,329,927 in July, 1941. Payrolls among the milk companies increased 8.04 per cent while employment decreased 1.66 per cent. It will be remembered that, with the legalization of 3.2 beer, milk sales took a sudden downward trend.—*Boston Post*, Aug. 28, 1942.

A Constructive Program

THE JUNIOR CLUBS Committee of the General Federation of Women's Clubs, recognizing the importance of the beverage alcohol problem of today, has devised "a *program of discovery and appraisal.*"

It includes the following:

Objectives

1. Assemble the facts about alcohol in relation to health, safety, defense, family life, and community living in general, or with particular reference to the home-maker, worker, parent, taxpayer, or citizen.

2. Support the schools in presenting alcohol as a community problem with which high school students in particular should be currently acquainted.

3. Help the schools to provide factual material for young people that will enable them to make a personal choice about drinking that is founded on facts.

4. Encourage alcohol-free types of recreation in the community, to be offered to high school students and other young people at low cost or free.

5. Aid in opening schools, clubhouses, and other community facilities for the good times of all the young people. These include gyms, swimming pools, game rooms, dance floors without bars, hobby rooms and musical advantages.

Procedure

1. Appoint fact finders from the membership, to collect and analyze information in the areas of living where alcohol presents problems.

2. Secure facts and counsel from particularly well-informed persons of the community, concerning extent of drinking, outstanding difficulties and handicaps traced to alcohol, alcohol education presented to young people in schools and elsewhere.

3. The club may present for its own members or in a public

meeting or conference a panel discussion using typical well-informed participants, like health officer or other experienced physician, city judge, safety specialist, newspaper editor, high school principal, clergyman, social service worker.

4. Present radio program, emphasizing some of the national trends in the alcohol problem and use local data to illustrate.

5. Urge action to improve teaching and activities in alcohol education, particularly for the high school ages.

6. Work with other groups interested in wholesome recreation to make available to young people many forms of fun that do not utilize alcohol or tavern atmosphere or overcommercialized facilities.

7. The club may sponsor outstanding youth parties of alcohol-free character, including New Year's Eve parties.

Foundation Examines Film Drink Scenes

IN THE 200 films studied, there were 630 drinking episodes. The considered judgment of the Foundation's trained observers is that 431 of the episodes were violations of the spirit and the letter of the code.

The code itself written in the prohibition era, under the general heading "Crimes Against the Law," is years behind the times. It says, "The use of liquor in American life when not required by the plot or for proper characterization, will not be shown."

This free advertising of the motion picture theaters' greatest competitor, the tavern, is further emphasized by the portraying of 167 drinking heroes and heroines to 65 villains and villainesses.

In the unpaid advertisements for liquor on the screen an analysis of 338 episodes shows 169 absolutely no results, while 60 showed pleasant reactions and 89 unpleasant ones.

The liquor industry has long recognized the most valuable advertising is directed to the general acceptance of drinking as commonplace and respectable.—*Bulletin*, American Business Men's Research Foundation, Chicago, Oct. 20, 1942.

Seeking a Balance Sheet of Social Values

By FRED D. L. SQUIRES

APPRAISING the thirty years of his first-hand experience with alcoholic mental disease, from 1909 to 1938 in the state of New York, Dr. Pollock brings out the social meaning of such disease. He says that the "15,475 persons in this State" that "in the thirty years reviewed, developed mental disease attributable to over-indulgence in alcoholic liquors . . . represent social and economic losses to society."

He suggests the increasing social peril to mental health of the recent mounting liquor consumption. He details, among other things, that 35,433 patients were admitted to Bellevue Hospital for inebriety and alcoholic mental disease in the years 1936, 1937 and 1938 (yearly average of 11,811); that no less than 112,609 convictions for intoxication in New York State were reported to the Department of Correction during the same period (an annual average of 37,536); and the further fact that "such number represents but a small fraction of the persons who became intoxicated. . . ."

"These official figures," he declares, "show clearly the need of effectual measures for the prevention of alcoholism and alcoholic mental disease." Expressing his opinion that prohibitory legislation properly enforced "produced the desired results," Dr. Pollock attributes an increase in alcoholic cases, in part, to the fact that "for many years previous to prohibition, school children in New York State were taught the effects of alcoholic beverages and other narcotics. During and follow-

Abbreviated from a review by Mr. Squires of *Mental Disease and Social Welfare* by Horatio M. Pollock, Ph.D., Director of Mental Hygiene Statistics, N. Y. State Department of Mental Hygiene, published 1941 by the State Hospital Press, Utica, N. Y.

ing prohibition, such teaching ceased to be emphasized."

The outlook under present legislation, in Dr. Pollock's estimation, is not at all encouraging. Although "the present alcoholic beverage control law prohibits the sale of alcoholic beverages to minors under 18 years of age, to intoxicated persons and to habitual drunkards," "no provision is made for the effectual enforcement of these provisions. . . ." "It is evident that an alcoholic beverage control law which provides for licensing by a state board and for enforcement by local officials is virtually non-effective in preventing intoxication and other effects of over-indulgence in alcoholic liquors."

Balance Sheet of Social Values

A striking and significant characterization of the "liquor trade" as it affects society as a whole is contained in the conclusion reached by Dr. Pollock on page 22 of his new volume:

"A scientific approach to the problem is needed. The economic, political, social and health aspects should receive the most careful study. If it is found that the taxes paid by the liquor traffic are not largely extracted from the earnings of the poor; if it is found that the drink habit makes workers in all occupations more reliable and more efficient; if it is found that the free use of alcoholic beverages promotes health and good citizenship and lessens crime and accidents; if it is found that the liquor traffic as a whole constitutes a real asset on the balance sheet of human welfare—if these things are found, then the liquor traffic should be encouraged, and everyone, both young and old, should form the drink habit. If the findings of the study do not reveal the benefits mentioned but the opposite, appropriate action should be taken. The effectual measures taken by health departments to control communicable diseases might receive consideration. Relief from intoxication, alcoholism and alcoholic mental disease cannot be obtained by collecting fees, closing the eyes and saying 'all is well.'"

Man at his best always looks upon his blessings as gifts, his powers as entrustments, his service as a debt which he owes, and his success as an occasion of gratitude rather than pride.—HARRY EMERSON FOSDICK, *The Meaning of Faith*, 53.

DRINK ATMOSPHERE IN CHILDHOOD

(Continued from Page 66)

their fathers. Often they are quite ordinary. The inheritance of "the spark" is real, but largely unpredictable as to just where and when it will appear.

But wherever unusual native ability exists, in the lowly walks of life, in middle class groups or in families of the privileged, as a result of the combinations and re-combinations of strains that have occurred in the long past of the race, its appearance—and flowering—are conditioned by the home life and care of early childhood. These must be such as give opportunity for such growth as permits its recognition and acceptance in the community.

But the prevalence of frequent or heavy alcoholic indulgence, with its depressing and degrading effects in the home and on the personality of the parents, and its tendency to create and enlarge "inferiority" and "superiority" complexes and anti-social habits and attitudes of defeatism, blight the normal joys of childhood and make it difficult for children in drinking families to come to the front, to be noticed by teachers, to have some one discover for them, or to discover for themselves whether they have ability or not.

Thus the custom of continued resort to alcohol in a community may prevent the emergence and growth of much inherent creative ability, of infinite value to a nation and a race. By sifting out and starting toward excess, vast numbers of those who, because of their nervous make-up are susceptible to it, the custom of counting on the alcohol "kick" for pleasure or release must reasonably be expected to blight much of a nation's total wealth of creative ability—to misdirect or stamp out "the spark" before it has had opportunity to burst into flame.

The use of alcohol as an aid to work, whether physical or mental, is psychologically unsound.—Royal Commission on Licensing, England.

We regret we are unable to supply wines and spirits to new customers.—A sign near London, *International Record*.

AMERICA'S 1942 LIQUOR BILL

(Continued from Page 80)

erages have contributed at all to the health, vigor, quality, or length of human life.

"The most definitely preventable of all the major causes of ill-health and inferiority of both mental and physical performance, to which no official or professional attention has been paid by the health authorities, is the use of alcoholic beverages, whether in so-called moderate or in obviously excessive doses.

"The people of the United States spent, in 1941, for alcoholic beverages, more than a billion more than the cost of all variety of care of the sick and of health services in this country."

Mental disease is increasing. Dr. Thomas Parran, Surgeon General of the United States says: "Alcohol is a major cause of insanity, and poisoning from alcohol is the cause of more deaths than many dreaded infectious diseases." During the years 1936, 1937, and 1938, Dr. Horatio M. Pollock reports, Bellevue Hospital, New York, admitted 35,433 patients for alcoholic mental disease, a yearly average of 11,811.

Venereal disease and alcohol have long been recognized as inseparable evils—conservative opinion holds that from 40 to 70 per cent of venereal infections are contracted under the influence of alcohol,* and the New York State Liquor Authority declares, "The more alcohol, the more syphilis."

In July, 1942, the Commandant of the Lockbourne Air Base warned the city of Columbus that "something's got to be done right now" about liquor and dance halls. "In our business of teaching young men to fly," he said, "liquor is just as bad as prostitution."

The Commanding General of the Third Corps Area recently referred specifically to "the many liquor places in Baltimore where liquor and prostitution flourish side by side," and told the liquor dealers that they "must clean their places up or have them closed by the army."

CRIME. Liquor-caused crime accounts for 90 per cent of

**Alcohol and Man*, edited by Haven Emerson, M.D.

the commitments for misdemeanor and 50 per cent of the penal crimes in the state of Massachusetts, according to a detailed study of crime in that state made by Judge Joseph T. Zottoli, of the Boston Municipal Court. Federal Bureau of Investigation records for 1940, the latest available, show that arrests, per 100,000 of the population for drunkenness were 97.7 per cent higher and for driving while intoxicated 56.3 per cent higher than in 1932, the year prior to repeal.

According to Director J. Edgar Hoover, of the Federal Bureau of Investigation, \$15,000,000,000 is considered to be a conservative estimate of this country's crime bill."

What Can Be Done

The liquor traffic is powerful, but its leaders, at least, recognize the power of the people and fear it. Said a recent editorial in *The Beverage Bulletin*, April, 1942: "If the American people ever get the idea—no matter how baseless—that this industry is thinking more of itself and its profits than it is of the war, we can again begin to speak of the business in the past tense."

Is the Church conscious of its own strength and of what its members as citizens can do? Christians can:

1. Organize and use the power of public opinion and the vote to:

Demand of municipal government the complete enforcement of all existing laws and ordinances for the control of liquor and prostitution.

Discover and present to proper legal authorities well-supported evidence of illegal practices.

Enact necessary new legal controls; promote local option to increase dry territory.

2. Create strong social pressure, through the Church, the press, the schools, and in every other way, against the use of liquor by civilians, war workers, and servicemen.

3. Provide constructive community activities; friendly and satisfying church affiliations; wholesome social contacts for young people and men and women in industry and the armed forces; healthful recreation and entertainment; the best housing possible; and adequate protection against the pressures of undesirable conditions and solicitation.

THE COCKTAIL HABIT

The cocktail habit is liable to give rise to a number of alimentary, nervous and cardiovascular disorders, and has been specially censored by those best qualified to judge.—J. D. ROLLESTON, M.D., F.R.C.P., London.

CONFUSED SHIPPING

Just two weeks ago in the Port of San Francisco, C.I.O. waterfront and warehouse workers had to unload and help store a large cargo of Australian wines, champagnes, and brandies that had just come in from Australia. Right across the lock, at the same docks, our men—and we are short of men were engaged in loading practically a full load on another ship of California wines, champagnes, and brandies, to go down to Australia.

At the same time, other ships waiting to load and transport weapons and materials to the United States Army were being delayed because there was not sufficient manpower at the time to do the job.—HARRY BRIDGES, quoted in *Zion's Herald*, Nov. 18, '42.

WET CANTEENS NOT WANTED

An aircraft inspector in the Midlands states that in four aerodromes and aircraft factories of which he has personal knowledge, there is no desire for a wet canteen, neither do the employees find it necessary to go outside for intoxicants. Among 600 workers, in one aircraft factory, not more than 20 go to the village pub at mid-day for a drink. A break of 10 minutes is made in the factory at mid-morning and mid-afternoon for the men to get a cup of tea.—*Alliance News*, May-June, 1942.

The high incidence of and mortality from alcoholism in the medical profession is a deplorable but incontestable fact.—J. D. ROLLESTON, M.D., F.R.C.P., *Brit. Jr. of Inebriety.*, Jan.-Apr., 1942.

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A "NEW UNDERSTANDING" MONOGRAPH

By HARRY S. WARNER

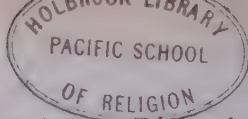
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FEBRUARY
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OF LIQUOR IN LIFE TODAY



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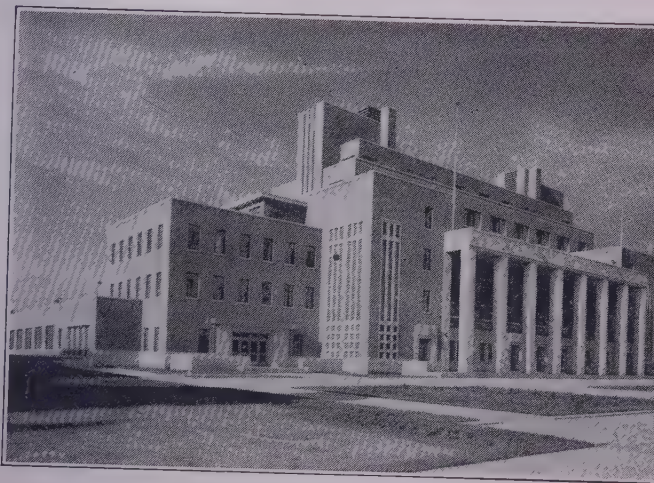
*FIVE YEARS OF HEALTH-NARCOTICS
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*SCIENTIST ASKS SCIENTIFIC APPROACH
THE PHYSICIAN SAYS—*

CANADA RESTRICTS

EFFECTS OF NARCOTICS ON PROGENY

PROBLEMS OF DRINKING



COFFMAN MEMORIAL UNION
UNIVERSITY OF MINNESOTA, MINNEAPOLIS, MINN.

democracy
something
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THE INTERNATIONAL STUDENT

FEBRUARY, 1943

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HARRY S. WARNER, *Editor*

PURPOSES OF THE ASSOCIATION FOR 1943

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Five Years of Health and Narcotics Education

An Ohio Project

COMPLETING FIVE YEARS of continuous growth and activity, with appointments for 1943 scheduled in the high schools for nearly a year in advance, a new educational project in "Health and Narcotics" that started as an experiment in March, 1938, can no longer be regarded as experimental. Under the leadership of Howard E. Hamlin, Supervisor, it is now established in the school system of Ohio, sponsored by the State Board of Education as a going part of the educational activities of the state program.

Certain features of this new program may be of special interest to educators and the public: The approach to narcotic and alcoholic problems of daily living that it makes from the standpoint of health; the inclusion of all such subjects as preparation for the all-around living to which healthy-minded youth look forward; its technique of direct relation with the interests and questioning of the youth and their teachers today; the emphasis it places on the participation of student ideas and discussion in its programs; its recognition of narcotic habit formation as a source of impaired health, injury to mental efficiency, happy living and the normal growth of body and mind; its frank acceptance of alcohol as the most popular, widely-used and therefore questionable and injurious of all narcotics.

Under this comprehensive, yet realistic setting the vital scientific information about alcohol and the alcoholic problems of youth are no longer a subject apart; "temperance," "alcohol education," "the drink problem" as educational projects come to students, to teachers and their pupils, on their merits, free from the dislikes and prejudices that too often sift into the schools from public propaganda and the controverted but vital public problems.

TODAY AS IN PREHISTORIC times, like deserts on the march, we have seen how changes in climate have brought about the extinction of particular species of animals and plants—dinosaurs, mastodons, tropical plants in the Arctic.

By a similar change in approach, we could bring about the “extinction” of present trends in smoking, drinking, and other incorrect habits of living, by *substituting* a “way of life” that is so creative and thrilling that we would choose to heed established facts of hygiene and social conduct, rather than thoughtlessly, indifferently, or defiantly, to violate them.

—HOWARD E. HAMLIN.

To “bring about the ‘extinction’ of present trends in smoking, drinking and other incorrect habits of living, by *substituting a ‘way of life’* that is so creative, so thrilling,” that “we would choose to heed established facts of hygiene and social conduct, rather than thoughtlessly, indifferently, or defiantly to violate them,” as Professor Hamlin states it, seems to be the spirit of the “new approach” that he is making. Seeking first a sympathetic understanding with the thousands of high school and other students that hear him each month, through these phases of bodily and mental health and growth that they already feel to be vital to them, it is found to be natural and easy to “make completely clear what the use of narcotics does to health, social behavior, and social conditions.”

As Supervisor of Health and Narcotics, in the Department of Education, Mr. Hamlin has developed and supervises a program of educational activities among the teachers and school officials, seeks their coöperation in its promotion and makes available reference and other material. He is constantly speaking and leading discussion, in combined classes, assemblies, and united programs, chiefly in the high schools of the cities and larger towns.

For example, since the opening of the present school year

(Continued on Page 108)

Scientist Asks a Scientific Approach

By CHARLES E. RESSER

IN THE COURSE OF TIME man should learn how to protect himself from those things which harm him, in spite of the attractiveness that they may have for many individuals. As a scientist and a Christian I feel certain he will do so. But we can hasten that day by intelligent investigation of the various elements of the problem, the factors operating in society *for* and *against* the use of alcoholic beverages, and the possible points at which the problem may be attacked with hope of success.

First, we must be sure that the *attitude* of approach is a proper one. Too often we come to it with biased minds, or in the spirit of those to whom it is not a problem, their only concern being to apply a remedy already worked out. Too many of our efforts have been propagandistic, in that we base our teachings on statements that have been proven not to be facts. Often our approach has been moralistic, ignoring or distorting facts to fit preconceived views. People who already are convinced of the damage done by alcoholic liquors may accept such an approach, but it gives no leverage by which to reach those who drink, or those who are apt to become drinkers.

Suppose you tell your son or daughter not to drink; the first question raised will be, "Why not?" If then you give reasons that later they find not to be true, or only in part true, the result may be a loss of confidence in your advice. But if the reasons are based on factual information, as far as is

Dr. Charles E. Resser is a Curator of Paleontology and Paleobotany at the Smithsonian Institution, Washington, D. C. This article is condensed from one prepared for the Church Schools of the District of Columbia, under the general theme, "a better approach to the alcohol problem." Dr. Resser is an expert both in scientific and Christian educational service.

WHATEVER THE INITIAL CAUSE of drinking, be it social or physical or psychological, and whatever the nature of the person, be it normal or neurotic, true addiction will ultimately develop if heavy drinking is continued long enough.

—ROBERT FLEMING, M. D., Harvard Medical School,
quoted in *The Advancing Front of Medicine*, 339.

known, your teaching has a chance to be effective. My concern is that we shall be *scientific in our approach*. We must find the facts and use them without distortion, even if they clash with our preconceived notions. Science does not yet have the final answer, but there is enough knowledge available for a beginning. Many young people are more familiar with scientific methods than their parents; for this reason they more readily adjust themselves to new discoveries as research workers change the picture. They do not discard entirely their life philosophy, as is often done when flaws are discovered in moralistic reasoning.

Many factors within and without his physical body determine the effect that alcoholic beverages have on the individual, and through his behavior on society. Complete prohibition is hardly practicable in a country in which democratic processes prevail as long as a large proportion of the voters use alcoholic beverages. Our job is now to reduce that number, for their own good, and for the good of society, to the end that ultimately prohibition or some form of thorough control will become practical.

The alcohol problem as a whole affects society, both by the excessive drinking of some people and through the accumulating damage over a long period of time in those who drink less excessively. I need not emphasize that the physiological effects on the one with only a small amount of alcohol in his blood stream make him dangerous at the wheel of an automobile, or as an operator of modern machinery. The faster pace and the more complicated life of today, make the person who

(Continued on Page 126)

The Physician Says--

By PAUL S. RHOADS

TRUE ALCOHOLIC ADDICTION is a disease in which all parts of the body are affected to some extent, but in which the chief damage is caused in the brain and spinal cord, liver and kidneys. Always, extensive changes in the personality and character of the victims accompany the physical changes. Indeed, it is because of the character defects that the subject allows his vicious habit to continue.

No young person, when he takes his first taste of beer or wine or whisky, entertains the idea that he ever could be a chronic alcoholic or "drunk." Yet if he will analyze the motives that led him to take his first drink he will find the beginnings of the personality traits which make alcoholic addiction possible.

Alcoholic beverages are not particularly palatable. Most people on trying them the first time find them definitely distasteful. Yet they take them, and practically always for the same reason—to be a "good fellow," to "belong," to be a popular member of a crowd that is drinking, to avoid being singled out from many others as a prude.

If enough alcohol is taken for a physiological effect, there comes soon a feeling of exhilaration which is followed quickly by a sense of relaxation. At this time the higher brain centers are affected, inhibitions are loosened, tongues wag more freely, mental discipline is relaxed. The warnings of conscience and ordinary intelligence which restrain the person from vicious habits are heard more dimly. Taking of a second drink causes less distress of mind than the first.

Having tried alcohol once, a person undertakes a second

Dr. Paul S. Rhoads is Associate Professor of Medicine, Northwestern University School of Medicine, Chicago, Ill. This article is from *Forward*, Philadelphia, Pa., Nov. 7, 1942; copyright, used by courtesy of the editors of that magazine.

trial with fewer qualms. And so the habit grows. At the start the effects on tissues are so insidious that they are not recognized. But slow changes in the tissues are going on—the ones that may, if the habit grows to a true addiction, eventually cause deterioration in the central nervous system severe enough to affect judgment and eventually cause insanity; changes in the liver that may cause cirrhosis; changes in the stomach that will eventually result in chronic gastritis, et cetera.

If the inroads on health were due to absorbed alcohol alone, the process of deterioration would, at least, be slow. But unfortunately the defects in personality which permit the habit of drinking alcoholic beverages to continue let down the bars for other excesses also. Nearly always the lack of self-discipline results in insufficient and irregular sleep, unwise eating, irregularity in the amount and kinds of exercise, and often to sexual indiscretions.

Perhaps you are saying that the picture is overdrawn. Fortunately, for most young people who are casual and unwilling drinkers it is, but some have not the stamina to stop in time.

How are these pitfalls to be avoided? The physician's advice must be:

1. Don't take the *first drink*.
2. If you have taken the first drink, stop the habit *now*.

Remember that popularity which comes from *always* "going with the crowd," regardless of what the crowd is doing, is of a very transient type. Other young people are like you. You know that in your heart you admire people who stick to what they know is right regardless of the cost. If you are in a crowd whose tongues and spirits need to be loosened by alcohol for them to have a good time, you are in the wrong crowd. If you have the courage to refuse alcohol, you will help the others who are facing the same problem. In time of national peril the nation needs the *best* that our bodies and brains can produce. Keep them fit by self-discipline!

To the Editor:

Your statement (for a new educational program) is . . . strong, pointed, courageous, necessary.—GEORGE D. HUBBARD, Oberlin College and University of Missouri.

Canada Restricts Use of Liquor

As a War Measure

THE DISTRIBUTION and use of alcoholic beverages in Canada were greatly restricted for the duration of the war by government action, announced December 17th at Ottawa by Prime Minister W. L. Mackenzie King. The features of the new war-time program are as follows:

1. Reduction of the amount of spirits available for sale by 50 per cent; of wine 20 per cent; of beer, 10 per cent, as compared with the amounts consumed during the previous year.

2. The alcoholic content of all distilled liquors to be reduced to a maximum of 30 per cent under proof.

3. The fortification of wine with distilled spirits to be prohibited.

4. The advertising of alcoholic liquors by any means to be discontinued, February 1, 1943.

5. An appeal to the provinces to reduce the hours of sale to a maximum of eight hours per day.

6. An appeal to the public for full coöperation in this war-time program of the government, and for exemplary leadership in its support by every "social club," "factory," "barracks," and "home."

Explaining the basis of this strong program for the reduction of the use, sale and results of alcoholic beverages during wartime, Premier King said:

"Since the outbreak of the war there has been in our country a steady increase in the consumption of spirits, wines and beer. . . . In dollar volume the annual output is practically double what it was before the war. . . .

"At a time when nearly all of our citizens are denying themselves or are being denied some of the comforts and enjoyments which, in normal times, have come to be regarded as necessities, to see others spending more money than ever for alcoholic beverages is bound to occasion resentment. It tends to destroy the spirit of mutual aid, and of community co-operation, which are never more needed than at this time. . . .

"Unless it can be shown that the increased production, distribution and sale of alcoholic beverages has meant no loss, but a gain, to the manpower available for war service, and that the increase in consumption has meant an increase of the efficiency of those who are engaged actively in war service, it must be apparent that increase in the production or consumption of alcoholic beverages instead of strengthening, is only tending to undermine the effort others are making to win the war. . . .

"Workers in industry are the partners in war of the fighting forces. There can be little doubt that absence from work and inefficient work are frequently due to intemperance. At a time when every moment counts, absenteeism among workers in essential war industries may occasion heavy loss. In this highly mechanical age the absence of a single key man may slow up industrial processes for a large number of workers.

"Industrial accidents are attributable in large measure to the same cause. Here again, the shortcoming of a single individual may affect many other lives. . . .

"The lowering of efficiency due to the use of alcoholic beverages, is certain to slow down the progress of the recruit in training. In these days, when the utmost alertness is needed, whether on land, at sea, or in the air, such lowered efficiency is bound greatly to increase the likelihood of accidents in which others besides the offender may be involved. Just as a defect in a plane or a gun or a ship may cost men's lives, so may some carelessness or neglect in the sailor, the soldier, or the airman endanger the lives of their comrades, and risk grave danger in training or in combat.

"The greatly increased consumption of alcoholic beverages is very largely a direct result of the increased purchasing

DRINK DROWNS more than the Sea and all the rivers that fall into it.

—ROBERT BURTON, *The Anatomy of Melancholy*.

power created by wartime expenditures.

"All the reasons for the curtailment in the production, distribution, sale and consumption of alcoholic beverages apply to liquor advertising. Advertising is clearly not necessary to promote sales, nor is it justifiable if sales and consumption are to be curtailed.

"The government has therefore decided to prohibit the advertising of spirituous liquors, wine and beer throughout Canada for the duration of the war. . . .

"Just when we most need to be clear-headed in order to face the hard facts before us, then there is, all too frequently, a very real inclination to give way to dangerous tendencies, merely as an escape from realities. Under the influence of stimulants mistakes are quickly and often irretrievably made."

Manitoba Appoints Director of Temperance Education

THE GOVERNMENT of Manitoba, Canada, through the Department of Education, has appointed a Director of Temperance Education, W. B. Bayley, well known throughout the province as an experienced teacher, and well informed on the alcohol problem.

In less than two weeks after the appointment, the Winnipeg schools were opened to the new program and the service requested by school authorities in one hundred high school centers. Two months of lectures have been arranged in the Provincial Normal School and one month in the summer school. Teachers in rural as well as other schools thus will be trained for teaching the subject.—Condensed from *United Church Observer*; Toronto, Dec. 1, 1942.

FIVE YEARS OF HEALTH AND NARCOTICS EDUCATION

(Continued from Page 100)

in September, he has made 350 scientific talks, followed by discussion, with an attendance of 65,000. During the year 1941-42, he conducted his program personally in 260 schools, giving 540 addresses to 150,000 young people. In addition, educational addresses, largely to parents and teachers, brought the total for the year to 593. As a former Professor of Physiology at Ohio State University, Simmons College, and Harvard University summer school, Mr. Hamlin brings to this new undertaking a background of the best available scientific information and teaching experience.

"The method of conduct and content of the high school program," as Mr. Hamlin says, "has undergone great modification" as a result of these years of experience. "Instead of the formal address or lecture, the forum method of discussion is used and it is centered around the total health program of the individual. A letter to the superintendent a week in advance of the visit to a school requests teachers to ask their pupils to prepare a list of questions. . . . The program thus becomes something of definite interest to the pupils instead of dealing with matters that the adult might think the pupil should know. . . . The success that has been achieved seems to have been due to this partnership between youth and adults."

An especially meaningful and scientifically up-to-date series of articles on beverage alcohol problems appeared in October to December, 1942, in *Forward*, the Presbyterian magazine for young people.

The articles, six in number, are as follows:

"The Criminologist Says—" by Wilbur La Roe, Jr., Member of the Board of Parole, Washington, D. C.

"The Psychologist Says—" by Albion Roy King, Dean of Men and Psychologist, Cornell College, Mt. Vernon, Ia.

"The Physician Says—" by Paul S. Rhoads, Professor of Medicine, Northwestern School of Medicine, Chicago, Ill.

"The Economist Says—" by Grove S. Dow, Professor, State Teachers College, Springfield, Mo.

"The Sociologist Says—" by Arthur J. Todd, Professor and Chairman of the Department of Sociology, Northwestern University, Evanston, Ill.

"The Minister Says—" by Albert W. Palmer, President, Presbyterian Theological Seminary, Chicago, Ill.

The Injurious Effects of Narcotics on Progeny

By ANTHONY ZELENY

THE IMPORTANT EXPERIMENTS that relate to the inheritable injury that narcotics produce, should be more generally known and properly interpreted. The evidences of such injury, here presented, are those that result from alcohol alone. And this is for the reason that the best experiments, relating to such injuries, are those that have been conducted with this particular narcotic. But the experiments with alcohol illustrate, also, the injurious effects that come from other narcotics and a few other deleterious substances.

These experiments have been made on the lower animals, not on man, since it would require at least a century to prepare adequate experimental and control groups for such an experiment on man. The stock from which both the treated and control animals are to be taken, must be genetically analyzed and closely inbred for several generations. Only then will the treated and the control groups have the same inheritable qualities.

Dr. Anthony Zeleny, Physicist and Professor Emeritus, University of Minnesota, has given special study for forty years to the accumulating scientific information regarding the hereditary influences of narcotics. His wide range of contact with narcotic specialists, physicians, biochemists, geneticists and other scientists, and the material and results of their experience and experiments, give his summarizing study here presented a wealth of background knowledge.

This article is condensed greatly from *The Injurious Effects of Narcotics on Progeny*, by Anthony Zeleny, 1940 revised edition; published and copyright by *Clean Life Educator*, Winona Lake, Indiana. Used by permission. The monograph is specific and detailed in reference to sources, with full and technical explanation of the experiments referred to as originally made. The complete text should be consulted by teacher, scientist or anyone seeking more than this popularized condensation.

1.

Studies made on four successive generations of abstinent guinea pigs, the immediate progenitors of which were subjected to the use of alcohol, were made by Stockard and Papanicolaou. The conclusions of their extensive investigations have been summarized as follows:

(1) The improving of the method of feeding and caring for the guinea pigs improved the postnatal mortality rate of the young of alcoholic parentage by more than 24 per cent and that of the controls by less than 4 per cent. The lessened ability of the offspring of the test animals to withstand adverse environment shows that the parental use of alcohol, in addition to eliminating entirely a large portion of the young by prenatal death, weakens physically many of the surviving young.

(2) The far greater than normal mortality rate in the alcoholic stock, and especially the enormous increase of more than 100 per cent in the mortality rate in each of the two largest-sized litters, demonstrate beyond question the existence of severe degeneracy in the treated stock.

(3) The lack of improvement in the mortality rate of the F_3 (third) generation indicates that the degeneracy impressed on the stock probably is permanent, and further, that the degeneracy may continue to be transmitted from generation to generation regardless of whether or not the affected germ plasm is liberally diluted through matings with members of the control stock.

There can be no better demonstration of physical degeneracy of a stock than is furnished by the records of the first three generations of progeny in this experiment.

2.

The experiment of Dr. Agnes Bluhm in 1930 on eight generations of white mice, consisting of 30,000 individuals, was made with the object of determining the effect of alcohol on the germ plasm alone. The males of the first generation only were alcoholized; the females received no alcohol. Slight intoxication appeared at first, but no visible intoxication after the animals became habituated to the dose given. The treated animals did not appear to be injured physically, but their germ

cells were heritably altered as in the foregoing experiments with guinea pigs. The records show that among the descendants of the treated males there was a greater percentage of sterile individuals, more stunted young, more general debility and less resistance to disease, in all the observed seven generations of abstinent progeny. Dr. Bluhm concludes that the injury to the stock is permanent and would appear in all succeeding generations.

3.

Dr. Stockard found that when the eggs of fish in their early stages of development are placed for a short time in a weak solution of alcohol, the action of the alcohol so injures many of the developing embryos as to result in the young having visibly defective brains, spinal cords, and organs of special sense.

Stockard and Papanicolaou have shown in the foregoing experiments that alcohol produces similar visible injuries to the nervous system of mammals. They write, "The structural defects shown by the descendants of alcoholized animals seem to be confined chiefly to the central nervous system and the special sense organs." . . . "There was a larger proportion of degenerate, paralytic and grossly deformed individuals descended from alcoholized males than from alcoholized females."

The directly observable physical injury to the central nervous system suggests that alcohol may inflict on many individuals an invisible inheritable injury such as can be detected only by experiments on mental ability and performance. The difference in ability to perform is another and a more delicate index than the difference in early-mortality rates and physical vigor, for determining whether or not a degeneracy of the stock is produced by the ancestral use of narcotics.

4.

The MacDowell and Vicari experiments were conducted for the purpose of determining the effect on the learning ability of white rats, the grandparents of which had been subjected to heavy intoxication. The Watson maze, a system of connecting alleys some of which end blindly, was used. Hungry

animals had to find their way from the entrance to the food and to learn to avoid blind alleys.

The experiment demonstrates beyond reasonable doubt that alcohol produces an inheritable injury that can be measured by poorer performance. It took the hungry grandchildren of alcoholic mates, on the average, 41 per cent longer time to reach the food in the maze than it should and they made 41 per cent larger than normal number of mistakes in doing so.

5

Three experiments by Hanson and Cooper were performed for the purpose of determining whether or not an inheritable injury is impressed on the germ cells when alcohol is administered only before the animals reach sexual maturity. The records of the third experiment—the largest and therefore most significant—showed that the great-grandsons of the treated animals took more than twice the normal time to reach the food, and the great-granddaughters 34 per cent longer. The observed difference of 108 per cent in the time required by the males, is so great that, notwithstanding the large individual variations, it was determined with statistical significance. The probability that the observed difference was due to chance alone is less than 1 to 140. Similar results were obtained from experiments one and two, the three supporting each other.

6

Arlitt and Wells served alcohol in food to male white rats daily for two to ten months. Microscopic examination revealed injury to germ cells, and marked degenerative alterations of the testicles, while the other organs of the body appeared to be normal. These observations on the selective injury of the germ cells and testicles are confirmed by the observations of Kostich on the germ cells of rats, and of Bertholet on human alcoholics.

Microscopic examinations together with the foregoing experiments leave no doubt whatever regarding the inheritable degeneracy produced by the use of large quantities of alcohol.

7.

It is not surprising to find that the inheritable injuries to the progeny are much the same regardless of what deleterious

substance is administered to the treated animals. The amount of the deleterious substance necessary to produce the same number of injuries of a given kind, of course, differs with the substance, the individual and the species. This similarity in the nature of the injury should be expected, because a permanent inheritable change can be produced only by some disarrangement of the positions of structures which control inheritance within the germ cell. Any action by a deleterious molecule is likely to disarrange the same susceptible parts.

The experiments of Stockard on fish, of Cole and Bachhuber on rabbits and fowls and of Weller on guinea pigs, show much similarity in the inheritable injuries produced by various deleterious substances such as ethyl alcohol, methyl alcohol, ether, white lead, lead acetate, etc. Huttig and Fleig show the injury of tobacco smoke on the progeny of dogs, rabbits, and guinea pigs, and Pechstein and Reynolds on white rats. These experiments show that prolonged use of all deleterious substances and especially narcotics and anesthetics, produces sterility, high prenatal and early mortality and poorer performances in the maze, all acknowledged indexes of stock degeneracy.

8.

Large doses of alcohol were used in the foregoing experiments in order to produce effects sufficiently pronounced to be measured. Although there are no acceptable experimental data on the injury produced by small doses of narcotics, the *chance hypothesis* makes the chance of injury to the genes proportional to the dose, *i. e.*, to the amount of alcohol in the blood and the length of time the germ plasm has been exposed. The proportionality of the injury to the dose of a narcotic is also inferred from the mutations produced by short-wave radiations.

9.

Danforth has shown that alcohol injures the germ cells which give rise to certain inheritable characteristics more than it injures others. Durham and Woods, experimenting with five generations of guinea pigs, found that (a) fertility tended to diminish in each generation after 18 months of treatment; (b) that the early-mortality rate of the young changed from

the original 13.6 per cent, after 18 months treatment, to 35.4 per cent, with similar increases in the rates for the young of the second and third generations; (c) that the birth-weight of the abstinent descendants of the treated generation diminished successively from generation to generation, and (d) that the early mortality rates of the abstinent descendants of the treated animals increased progressively from generation to generation.

Why Narcotics Are Especially Injurious

The enveloping membrane of each body cell is believed to have considerable power of holding back many substances which would produce injury if allowed to penetrate into the cell. Narcotics and anesthetics have been shown to have the power of dissolving the fatty substances, lipoids, which are constituents of the enveloping membrane. Narcotics, like alcohol and nicotine, therefore enter the cells readily and produce the observed narcosis and the injurious effect on the germ cells.

The foregoing descriptions, as already stated, cover only the most outstanding experiments, but include also some that tend to contribute to a progressive understanding of the subject or are referred to most often in literature.

It is difficult for one, who is not trained in scientific analysis, to interpret the available literature on the subject without a great amount of study. One trained in precise scientific work is surprised to find that in genetics personal inclination and prejudice still find a place in determining conclusions when these conclusions relate to the use of tobacco and alcohol. One cannot be assured that a conclusion always follows logically from the evidence, nor that the experimental data are reliable and sufficient on which some writers base far-reaching conclusions.

Effect on the Progeny of Man

Such experiments as those already described cannot be performed with man, because it would require several generations to prepare the properly related tests and controls. The many observations on man, however, such as they are, overwhelmingly indicate that the foregoing scientifically controlled experiments on mammals apply equally to man. The alco-

ONE OF ALCOHOL'S PECULIARITIES is its affinity for nervous tissue. Animal experiments show that the concentration in the brain is 20 per cent above that for the body as a whole. Substances in nerve cells and fibers absorb the narcotic readily, and it accumulates at the synapses between nerve cells. These alcohol-saturated junctions have difficulty in transmitting nerve impulses; hence the Old Soak moves slowly when intoxicated, is staggering of gait, uncertain of speech, and rather insensitive of pain.

—GEORGE W. GRAY, M. D.,
The Advancing Front of Medicine, 327 (1941).

holics have a far greater than normal percentage of their children mentally and physically defective and more of their children die before or soon after birth. That such injury is, in part at least, due to alcohol is attested to by microscopic examinations. The germ cells of alcoholics, as already stated, show a gradation of injuries from slight changes to almost complete obliteration.

Summary and Conclusion

It has been shown that the use of alcohol impresses an inheritable injury on the young of mammals, and that this injury is transmitted through an apparently unlimited number of generations with equal intensity. The injury was shown to be due to a modification of the genetic structures of the germ cells, and was traced by Bluhm through seven abstinent generations of white mice, and by others, through two and three generations of white rats and guinea pigs. In the experiment of Bluhm, the degeneracy was shown by more sterility, more stunted young, more general debility and less resistance to disease, in each of seven generations of abstinent progeny. Stockard and Papanicolaou observed severe degeneracy through three generations and found it to be practically constant in intensity even though the abstinent descendants of the treated animals were mated with normal mates. The experiments of

MODERATION IMPLIES that excess is "just around the corner." What is claimed as moderation for one is clearly excess for another. We are dealing with dangerous uncertainties when we try to define moderation. Evidently what is implied or expected in moderate drinking is that no physical harm results and no risk is run of forming a habit.

—FRED M. PERRELL.

MacDowell and Vicari proved the existence of degeneracy in the grandchildren of treated white rats, and those of Hanson and Cooper, in the great-grandchildren. The demonstration of degeneracy in these experiments was made by the much poorer performance of the rats in the Wilson maze and the multiple-choice apparatus. The performance of the rats indicates an inheritable injury to the central nervous system.

All these summarized experiments were performed with the greatest care and with controls whose genetic equality with the tests cannot be questioned. They are the most outstanding experiments on the subject. When fairly interpreted, they clearly demonstrate that the ancestral use of either alcohol or tobacco impresses a severe inheritable degeneracy on the stock.

It was explained why narcotics are more injurious to the progeny than other poisons, and shown that the microscope reveals visually an injury to the germ cells. It was demonstrated with large doses that the number of injured individuals is proportional to the dose, and explained why it is probable that this proportionately holds for all doses regardless of their size.

Congratulations on your new location and good work.—DAVID R. PORTER, Headmaster, Mount Herman School, Mount Herman, Mass.

The students of the Holton High School find the magazine, the INTERNATIONAL STUDENT, a store of material against alcohol.—WILLIAM G. JEFFERS, Superintendent, Holton, Mich.

The best that has come to my desk dealing with this problem. I am in full and complete accord with the program of the Intercollegiate Association.—S. RALPH HARLOW, Professor, Smith College.

The Problems of Drinking

Excessive and Moderate

ANY QUESTION to which there is no satisfactory answer, which concerns a large number of people, and touches them seriously and in many ways, is a great problem. Why people drink alcoholic beverages; why some drink more than is good for them; what happens to their nervous system when they drink too much and what happens when they drink only small amounts; what is moderation and what is excess; how excessive drinking may be prevented; how it may be cured, are all questions which concern every person, directly as it affects his conduct and health, or indirectly as it affects the conduct and health of a relative, a friend, an employee or the community.

The purpose of this booklet is to acquaint the layman with *the kind of questions that make up the alcohol problem*—the problem that arises from excessive drinking. No answers will be attempted here. The reason for defining only questions here without giving the answers is that in order to appreciate the meaning of any part of the problem of alcohol, all the parts that make up the whole problem must first be seen in relation to one another. It is only in this way that a full and unbiased view of any problem can be obtained.

The problem of alcohol is an important one with which every thinking citizen should be acquainted. The progress in

Condensed from *The Problems of Alcohol*, Lay Supplement No. 1, published by the *Journal of Studies on Alcohol*, Inc., New Haven, Conn. Copyright; used by permission. The series of Supplements, Nos. 2 to 14, booklets of 10 to 25 pages each, gives in popular style a summary of the scientific information now available toward answering the questions here raised.

solving many scientific problems depends on the attitude of the citizen. The attitude of the citizen, in turn, depends upon how much information he receives and how sound this information is. Science will be able to give direction only by supplying facts; it is the citizen who must solve the problem by applying the facts.

Most of us can pick from among our friends or acquaintances two men who have grown up in the same environment, equally pampered by their mothers, got hard kicks from life, were not able to live up to their ambitions and had to marry the "next best" girl, yet under these conditions acted very differently. One became a heavy drinker, eventually so enslaved by alcohol that he could not stop, even after he had lost his job, his savings and his family. The other faced the issues of life squarely without the prop of intoxication and could drink in moderation without impairment to his health, hardship to his family or danger to his job.

Why one and not the other of these men who had the same kind of experience became a heavy drinker is a puzzle to which we should all like to have an answer. This *why* is the beginning and end of all problems of alcohol. This is *the problem of alcohol addiction*, the crucial problem of alcohol.

Whys of Addiction

If one goes on speculating why this one man—let us call him Bill—became an alcoholic and the other man did not, more "whys" and "hows" will be cropping up.

One of Bill's friends may recall, as many of us may, having seen four men drinking about the same number of highballs—far too many for moderation—and each behaving differently. The first seems entirely unaffected; the second weeps bitterly over the misery of this world; the third sings merrily and laughs uproariously at his own weak jokes; and the fourth becomes sick.

1. The friend suggests that the way a fellow "holds his liquor" may have something to do with whether or not he becomes an addict. "The way one holds his liquor" is called, in scientific writings, "alcohol tolerance," a partial explanation of some features of addiction. But there is one serious disad-

vantage to this explanation; it tries to explain something that is unknown with something else that is unknown. For sound knowledge we must know why one man can "tolerate" more alcohol than another one. This we may call *the problem of alcohol tolerance*.

2. Someone might suggest that Bill turned to alcohol because he could not take the disappointment that life dealt out to him; that perhaps he had some "kinks in his make-up" of which even his friends did not know. These peculiarities are referred to as traits of personality, and many students of addiction have pondered over the part they may play in alcohol addiction. Here we have *the problem of personality and alcohol*. If the kind of personality that easily succumbs to alcohol were known, such a person could probably be guarded by mental hygiene from developing addiction.

3. The idea that personality may be a factor in addiction leads to another question. Might it not be that the "kinks" which may make an addict out of a man are inherited? Is it possible that addiction itself is inherited? Let us say right now that the inheritance of addiction itself has been disproved. On the other hand, it must be considered that children from families in which nervous and mental disorders and peculiarities of personality are frequent may be more liable to become addicts than others. This we shall call *the problem of heredity and addiction*.

4. Bill's friends continue their speculations and raise the question: Is it not possible that a fellow begins drinking too much just out of recklessness and that slowly his "nerves" or some other part of his body, get so accustomed to alcohol that they change in certain ways and then actually *need* alcohol? This question has also been asked by many physicians, and they refer to it as *the problem of habituation*.

5. But some people may feel that these questions are a convenient means of evading responsibility and they ask: Are not we all responsible, to some extent, for the addict? Is it perhaps our indifference, or the tolerance and amusement with which we look at drunkenness, that encourages addiction? Do the strains of our mode of life, our traditional customs and habits, foster addiction? Do certain occupations, certain situa-

tions, make for heavy drinking? These questions mean that some of the responsibility may be placed at the door of society. This is known as *the problem of social factors in alcohol addiction*.

6. The thought about Bill's plight leads his friends further. They ask whether everyone who drinks excessively is really an addict who cannot get along without it? They agree that this is not so; that they know many people who drink huge quantities of alcohol but who are not dependent upon it, who can give it up but do not, because there seems to be no reason for them to do so. They do not get drunk, neglect their duties or make anyone unhappy with their drinking. But the fact that they are not dependent upon alcohol does not prove that they may not after years injure their health. Might not some disease result from so much drinking, even delirium tremens; might not the resistance of the body to infection be lowered? Is not this heavy drinking, which is not addiction, the cause of troubles of which one does not think in connection with alcohol? If this were so, the problem of alcohol might be much greater than that suggested by addiction, especially since there are many more heavy drinkers or abnormal drinkers than true addicts. Thus, we have to add to the problem of addiction *the problem of abnormal drinking*. And in connection with this problem we may ask questions similar to those we already have asked in connection with the problem of addiction.

From Why to How

7. These questions point to a serious problem and they indicate that something should be done about the prevention and cure of addiction and abnormal drinking even before the answers have been fully obtained. How to accomplish this without that full knowledge which would give the best results faces us with *the problem of prevention and cure*.

8. When we speculate about ways and means we come to further problems which come directly from these. It has been suggested that people could be educated to moderation. But how does one accomplish this? This is *the problem of alcohol education* which requires serious thought and trials. Education must be directed, not only at the drinker, but at society in

general, and must take into account the traditions, customs and views by which society lives.

9. It is often suggested that control of the consumption of liquor offers a quick solution. This *problem of control* is one of the *administrative problems of alcohol*. Another problem is that of *the care of alcoholics*, the policy which a state, county or municipality shall adopt in looking after alcoholics. But far deeper than the problem of care is that of cure; and this can advance only as science answers fully the questions which have been raised here concerning addiction and abnormal drinking.

10. The questions we have asked concern heavy drinking. But can we rightly assume that moderate drinking offers no problems? May we not, in a scientific enquiry, turn the question around and ask whether the truly moderate drinker may not derive some benefits from his drinking? We may ask the doctor whether he does or does not feel that alcohol may be, for some patients, of medicinal value; and we can compare his knowledge, gathered by observation, with the facts gained in the laboratory. Science has no likes or dislikes, it has no prejudices, but seeks only facts on which knowledge must be founded. Knowledge has a sound foundation only when all the facts are sought and found. The questions may be as fundamental as that which seeks to know why man drinks alcohol at all, even in moderation. It would seem that this apparently simple question must be asked before attempting to answer the question, why men become abnormal drinkers. And so we acknowledge *the problem of moderate drinking*.

Alcohol and the Body

11. But even the moderate drinker may occasionally—and to his regret—over-indulge. He experiences certain immediate effects and certain unpleasant after-effects. What happens to the alcohol in his body? Is it changed into something else? Does it get into the blood, the muscle, or the brain, and if so, how much gets in? Does the amount correspond to the effect he experiences? Can a chemical test be used to tell if he is sober? How long after a drink should he wait before he drives a car? If that depends on how long the alcohol remains, how

does he get rid of the alcohol? What effect has exercise on the alcohol; what effect has food on absorption; are all alcoholic beverages absorbed with the same rapidity; why does the same amount of alcohol have at one time a "kick" and at another none? Do all beverages containing alcohol cause the same effects? Does alcohol hurt or help digestion? What occurs in the body during a hang-over?

The things that happen to alcohol in the body of the moderate drinker are the same as those that happen to the much larger quantities taken by the heavy drinker. These questions are referred to in scientific writings as *the problems of absorption, metabolism and elimination of alcohol* and as *the problems of alcohol and body chemistry*.

12. It is well known that people who drink heavily for a long time develop the "jitters." Does this come from "nerves"? Does alcohol irritate the nerves? Or does it interfere with the nerves through the influence which it might exert on the body chemistry? This problem, which we shall call *the problem of alcohol and the nervous system*, is important.

13. One could easily imagine that large amounts of alcohol might interfere with food habits and with the use made of food. *The problem of alcohol and nutrition*, therefore, must be entered on our list.

14. If we consider together these possible changes in the body chemistry and the nervous system of the habitually heavy drinker, we cannot escape the question whether or not such changes may, in time, bring about less resistance to, let us say, tuberculosis, pneumonia, and other infectious diseases. The answer to this would help, perhaps, to make the occurrence of these diseases less frequent or their consequences less serious. It would also help us to understand much more clearly the full extent of the problem of alcohol. We shall refer to this as *the problem of alcohol and disease resistance*.

15. It is natural to ask whether or not excessive use of alcohol could cause, not merely a lowering of resistance to disease, but even diseases which, in nonalcoholics and moderate drinkers, do not occur at all or only very rarely. Furthermore, if such diseases exist, can they be cured? This is *the problem of alcoholic diseases and their treatment*.

16. If we consider the possibility of lowered disease resistance in alcoholics, and even the possibility of diseases which may occur only in heavy drinkers, we face another problem, namely, *the problem of alcohol and length of life*. We must ask whether alcoholics have a shorter life than the average man. We must even ask whether or not moderate drinking has any influence on the length of life. One can hardly talk about the advisability or inadvisability of moderate drinking without knowing something definite about this question.

17. The life of the children of alcoholic parents also cannot be left out of consideration. It has been asked time and again whether alcohol can bring about changes in the human germ, and if so, what might be the consequences concerning the body and the mind of the offspring of alcoholics. This is *the problem of alcohol and germ damage*.

18. There are many mental hospitals in this country and they are all crowded. Did some of these patients get there only because they drank too much? Does drinking cause its own kind of mental disease, or does it bring about in some people mental disorders which could develop without drinking, but in those particular persons, perhaps would not have developed without it? We shall call this *the problem of alcohol and mental disorders*.

19. Mental disorder is an extreme condition. We must consider also whether less severe effects may develop as immediate or lasting influence on thinking, judgment, understanding, moral ideas, efficiency and, through these single features, on all that we call behavior. To know the answers to these questions may help us to cure them. We shall therefore regard as important *the problem of alcohol and behavior* which, in the scientific literature, is better known as *the problem of the effect of alcohol on psychological functioning*.

20. But if the behavior of many persons is influenced by excessive use of alcohol, then perhaps alcohol has an effect also on the people in the midst of whom alcohol addicts and abnormal drinkers live. So we must consider the effects of alcohol on society—*the problem of alcohol and society*.

21. Within this large problem come questions relating to the family. What effect does the heavy drinking of a father

have on family life? Is it a frequent cause for divorce, a source of poorer living conditions, poorer hygienic conditions in the family? Are the children getting enough nourishment, receiving proper medical care? What is the influence of the drunken father on their characters? This we call *the problem of alcohol and the home*.

22. One reads about the drinking bouts of gangsters and other criminals. Is heaving drinking a source of crime? Or is it that criminals drink heavily, not knowing any better form of recreation? Here we begin the discussion of *the problem of alcohol and crime*.

23. Since a drunken man is not in command of his body, we ask to what extent, if any, industrial accidents and driving accidents are caused by heavy drinking. Since these accidents are costly, in life and in money, *the problem of alcohol and accidents* deserves careful investigation..

24. In industry not only the accidents but also the inefficiency and the hang-over of the heavy drinker could cause heavy losses through decrease in the quantity and the quality of his work. This is a thing about which perhaps less is known, both to science and to the employer, than about the other questions which we have asked. In these times, when so much depends on the quantity and quality of our industrial output, *the problem of alcohol and industrial efficiency* certainly cannot be neglected.

Perennial Bootlegger

The liquor shortage in Ohio has produced a new kind of bootlegging. Legally manufactured liquor, with federal taxes paid, is being smuggled across Ohio's borders from neighboring states and sold for as much as \$10.00 per case more than the state liquor warehouses charge, permit holders paying the premium because of their fear of not having enough for their customers, on account of rationing.—Condensed from *Columbus Citizen*, Jan. 18, '43.

May I say how much I appreciate this service (the INTERNATIONAL STUDENT for colleges and high schools).—WILLIAM H. POWERS, Dean, Hendricks Memorial Chapel, Syracuse University.

Narcotic Culture

In Daily Living

*"Seek the Truth
Come whence it may
Lead where it will."*

Narcotic Speed

Most of us live five or six times as fast in wartime as in peacetime, and governments spend money fifteen to twenty times as fast. But a big, bang-up war is no more unnatural or untrue to life than a big bat on Saturday night with the rest of the week to recover in preparation for the next bat.—Editorial, *Times-Herald*, Washington, D.C., Nov. 11, '42.

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"Staying Drunk"

Judge A. L. Franklin of Augusta, Ga., recently granted 257 divorces in a four-hour session of court. The fact that the complaint in most of the cases was "staying drunk" caused the judge to observe that civilization was in a "dickens of a fix."—*Saturday Evening Post*, Nov. 7, '42.

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The "Culture" in Childhood

"Campfire Girls, Boy Scouts—Attention: Will pay 1 cent each for clean used liquor bottles saved from your relatives' or friends' Christmas liquor supply."—An advertisement in a Minnesota publication, Dec. 14, '42.

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Home Culture

The percentage of women arrested for drunkenness has increased consistently since 1932; it was 3.4 in 1932, 5.6 in 1934, 7.3 in 1935, 11.3 in 1936, 11.9 in 1934, 11.4 in 1938 and 1939, 14.5 in 1940, and 15.8 in 1941.—*Union Signal*, Evanston, Ill., Dec. 12, '42.

SCIENTIST ASKS SCIENTIFIC APPROACH

(Continued from Page 102)

takes but a small amount of alcohol a danger to others. This puts quite a different aspect on the problem of today, in contrast with that of even the last generation.

The consumption of alcoholic beverages is less than it was in the past; our task is to accelerate that trend and vigilantly guard against an increase.

My plea is that we who are concerned with freeing mankind of this curse, shall *insist on a scientific approach*, particularly that the teachings given in the public schools shall be *sound and factual*. Individually, we must accept the facts as they become known. After we have put ourselves in such an attitude of mind, we should follow two lines of action:

First, make a conscious effort to *decrease the use* of alcoholic beverages, both with respect to the number of persons drinking and in the amount each consumes. If we can get those who drink to drink less, society will gain in proportion as we bring about that improved condition.

Second, we must *rehabilitate the drunkards* and excessive drinkers. Fortunately, there are means at hand by which we may begin these lines of action.

There must be *more teaching*, and *more effective* teaching—teaching that is purposeful, factual. All the states except two require such instruction in the public schools. But education cannot stop with the schools; it must be carried to the newspapers and the radio. And it dare not be neglected in the churches. People must be freed from the idea that it is smart to drink. They must come to realize that the damage to themselves in every case outweighs the pleasures derived from drinking.

Efforts should be concentrated on *ridding the newsstands* of magazines in which stories appear *so written as to make drinking seem to be a normal and necessary* part of life. I enjoy detective stories, but I refuse to read one wherein the detective is made to start work by taking a drink. For a detective has to think beyond the criminal he is trying to catch; if he drinks he destroys his ability to do so, thus creating an absurdity.

The *problems of the addict and the immoderate drinker* should be studied. We must come to regard the habitual drinker as needing medical attention, the inebriate as an irresponsible individual in society to be rehabilitated. We should work for the establishment of institutions in every community to care for these unfortunates. Most addicts are less-perfect people. Some weakness robs them of the power to resist alcohol.

But we are more concerned with those who are stronger, the marginal cases. Here we have a great opportunity. By education, by legal measures, and by control of liquor we can do much. However, there is an even greater force available. It is personal religious conviction which counts for much in this area. Rescue missions cannot reconstruct the folks of the lowest ranks, but thousands of men have been remade into useful citizens where there is some quality on which to build. By bringing such persons into a saving knowledge of Christ, they are given strength that their minds and bodies alone did not before possess.

DOES ALCOHOL AID CREATIVE ABILITY?

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CHRISTIAN THEOLOGICAL SEMINARY

APRIL
1943

THE
INTERNATIONAL

STUDENT

OF LIQUOR IN LIFE TODAY

IN THIS NUMBER . . .

COLLEGE EDUCATORS FACE
POST-WAR LIQUOR PROBLEM

BEATING DICTATORS AT THE SOURCE

CHOICE UNDER PRESSURE

THE CULT OF NARCOTIC CULTURE

RECENT BOOKS OF MERIT



LYMAN HALL,
SYRACUSE UNIVERSITY,
SYRACUSE,
NEW YORK

democracy
something
eeper than
liberty; it is
responsibility"

THE INTERNATIONAL STUDENT

APRIL, 1943

Vol. XL, No. 5

HARRY S. WARNER, *Editor*

THE CHANGING EDUCATIONAL APPROACH

Editorial

DUE TO far-reaching changes in educational method, recent scientific research, and practical experience, the educational activities so greatly needed as foundation for solution of the beverage alcohol problem of today, need re-examination and enlarged scope of program. Education of youth—and the general public—is more vital now than twenty-five years ago; there has been less of it in recent years. But it must be broader, more comprehensive, closely related to very-day living.

It must be education that does not ignore any influential source of the alcohol problem of modern society. It will not be effective if it comes as propaganda; it will not be accepted if it comes as aggressive reform, and it will express the spirit and attitude of the teacher, the discussion leader, the seeker after truth, "lead where it may."

Who can so acceptably express leadership in the new program now necessary as the college educators of America? Theirs is the creative opportunity of speaking now, in advance of the reaction in ideals that must be expected at the close of this war.

THE INTERNATIONAL STUDENT, organ of THE INTERCOLLEGIATE ASSOCIATION FOR STUDY OF THE ALCOHOL PROBLEM, is issued six times a year in October, November, January, February, April, and May.

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Facing Post-war Liquor Problems

With New Educational Activities

AS AN AID to thinking and discussion on the Beverage Alcohol Problem, as it is being influenced by the World War, and to start preparation toward meeting the difficult—if not dangerous—situation that must be expected as the public seeks release from war tensions, THE INTERNATIONAL STUDENT requested interested college educators for an expression of opinion as to the educational approach that may be most effective at that time.

The letter of request was as follows:

"Everywhere throughout the Allied Nations, forward-looking men are thinking, discussing, preparing plans to *preserve peace* at the close of the war.

"Why should not we, who are interested in the liquor problems of today, so greatly influenced as they are by the war and after-war pressures, be equally foresighted?

"THE INTERNATIONAL STUDENT desires to publish a symposium of opinion as to where emphasis on education on beverage alcohol problems should be placed in the immediate future. What should be the approach? The main features, of an after-war program? What is desired is briefly-stated opinion right out of experience."

Typical answers follow:

Develop Social Responsibility

By CHARLES A. ELLWOOD

Professor of Sociology, Duke University, Durham, N. C.

THE SOLUTION of the problems of our human world will require all the resources, spiritual and material, of the next generation. I do not see how any one can advocate, or tolerate, policies which in such a crisis will lower the spiritual energies of men. The use of alcoholic beverages,

beyond question, lowers these energies.

That is the reason why athletic coaches keep them completely from men in training for difficult feats of endurance and achievement. The whole next generation should be in training for such endurance and achievement. I do not understand how men, who claim to be statesmen and intelligent administrators, can take any other position toward alcoholic beverages than that of athletic trainers. To advocate any other social attitude toward the use of alcoholic beverages is a manifestation of social ignorance or of social indifference.

* * *

Feature Social Attitudes

By **RAYMOND E. MANCHESTER**

Dean of Men, Kent State University, Kent, Ohio

I WOULD RECOMMEND a program featuring an appeal to intelligent consideration of attitudes toward the practice of social drinking. College men and women know the physiological facts concerning the use of alcohol and react differently to horror stories and exaggerated dissertations. They resent attempts to regiment them as far as personal habits are involved.

Since alcohol has a place in scientific research and in industry, it cannot be legislated out of existence. It can always be obtained for drinking purposes if people wish to obtain it. Therefore, the logical plan of control must be built around the purpose of creating a mental attitude towards its use as a beverage.

Through current fiction, the movies, and from example, the suggestion that social drinking of alcoholic beverages is *smart* is constantly before young men and women. Counter suggestion must be provided with the same force and frequency. Such counter suggestion must reach those who need it; to limit the appeal to those who have already been converted is wasteful and inefficient. Furthermore, the appeal must be positive rather than negative. Saying this another way, the drive must emphasize the building of positive attitudes rather than fault finding with drinking practices.

A Post-war Program

By GOULD WICKEY

General Secretary, Council of Church Boards of Education
Washington, D. C.

WHILE THE WAR will be won by mechanics, back of all will be the dynamics of ideals, principles, motives, urges, and desires. So in solving the beverage alcohol problem, we need both the mechanics and the dynamics.

1. *The Facts in the Case.* Continuously and extensively the facts must be presented. For twenty-five years the American people have closed their eyes to the facts well-known in saloon days. The modern cocktail bar has worse evils than the saloon as Carry Nation knew it. Men, women, and youth are in the dim-lighted rooms and at the brass railings. The effects on the blood stream, the nervous system, the muscular response, the total personality should be circulated in largest measure and manner.

2. *Interpret the Facts.* Ideals, ideas, and principles must be closely related to facts. The scientist, the sociologist, the economist, the judge, the doctor, the minister,—all these and others see the facts. The facts must be carefully related and interpreted in their bearing on the whole life of the individual, in the whole life of the community and the nation.

3. *Present a Program of Action.* Ideas generally need a bath of application. If ideas cannot be organized into a program of action, they lack something vital and essential for human beings,—namely application to actual living. Perhaps for this task, there is needed the combined wisdom of the many who know the facts and are able to interpret them. Of course the program of action will be considerate of the new conditions under which human beings will live in the latter half of the twentieth century.

4. *Organisation and Promotion.* The above cannot be done by wishful thinking nor on a part-time basis. If Christian people are really serious about the whole problem of beverage alcohol, some money must be put into the hands of those who are willing to work, give and sacrifice for the achievement of a social order freed from the power of the demon alcohol.

Young People Should Lead

By CHARLES F. WISHART
President, College of Wooster, Wooster, O.

I THINK THERE must be a new approach to the problem of liquor. Perhaps many of our old methods and even organizations are outmoded. The young people must lead the way. Possibly the first step is the matter of liquor advertising which, by its subtle propaganda, is poisoning the thinking of the American public.

On the positive side there must be a combination of religious and social workers with scientific research men and economists to educate the next generation, and to avoid the mistakes of the past. Above all, we must keep law and public opinion marching side by side toward a more sober America.

Our difficulty before was that, having gotten the law, we relaxed our efforts to educate and stimulate public opinion on the question.

* * *

Replace Propaganda With Facts

By GEORGE B. CUTTEN
Acting President, Colgate-Rochester Divinity School

THE MOST EFFECTIVE PLACE for alcohol education is in the department of biology in our arts colleges or some similar place in the high schools. I am, however, very much impressed with the need of education in our churches. When the church members of America realize the importance of defeating the liquor interests, they won't last ten minutes. It is, I think, among the church people that we have had our greatest losses. We used to have the evangelical churches pretty well behind us and while they may be nominally so now as far as the central organization is concerned, it is not true for the church members. Of course if we catch the young people in high schools and colleges we eventually have the church members. There is no doubt in my mind but that education is the greatest thing. When people *really have the facts* instead of *wet propaganda* they will make short work of the liquor business.

The Meaning of Alcohol as a Psychological Drug

By **ALBION ROY KING**

Dean of Men, Cornell College, Mt. Vernon, Iowa

THE NATURE of alcohol as a psychological drug should be thoroughly explored and exploited for popular education. This will take us into an understanding of its use as related to the fundamental motives and drives of men and the peculiarities of personality development.

The psychiatrists who work primarily with the problems of acute addiction and cure for a long time have approached the problem from the angle of motivation. Alcohol addiction is a mechanism of compensation or defense in some personality maladjustment. Cure must proceed from a careful analysis of such a situation in each case. The general psychologist has an important contribution to make from his analysis of normal human behavior.

Popular education has been preoccupied mostly with effects, and too largely in their extreme manifestations. Teaching of the subject has too long been left to the department of physiology and hygiene. Now it should become one of the concerns of the psychologist, the department of mental hygiene, and of guidance.

* * *

Implement Knowledge With Motive

By **HAVEN EMERSON. M.D.**

Professor of Public Health

Columbia University Medical School, New York, N. Y.

TRUTH ABOUT ALCOHOL will not be enough after the war to make the scientific facts effective. There must be a motive for abstinence to make information useful and effective. The vision must be made vivid and real that our recovery from the inescapable misery of indebtedness, poverty, frustration and struggle of free peoples will be quick and vigorous in proportion to our own self-denial.

The rebound of people released from war will be like Phœnix from the ashes, if we can be so realistic, so courageous, so intelligent as to discontinue the making, selling and drinking of all alcoholic beverages, at least until international coöperation is firmly established and the war debts of the Allied Nations have been liquidated.

We must expect education to be slow, and yet probably quicker in its results than compulsion by law. We must add motive to supplement information. We must everlastingly persist in teaching after and during the war the extent and quality of the social, economic, and military damage done to the cause of self-determining democratic nations by the deteriorating effects of alcohol on human performance of all kinds; on the work and thought, as upon the bodies and minds; upon the growth, nutrition and development of men and women.

* * *

Educate Before Habits Are Established

By EDWARD A. ROSS

Professor of Sociology, University of Wisconsin

THE WISCONSIN Temperance Education Association was formed to enlighten our young people as to the dangers lurking in the use of alcoholic beverages. It takes no position as to liquor laws, actual or proposed. Because it stands for no particular public policy it has been able to get a hearing in almost every high school in Wisconsin. As one of its volunteer speakers I addressed more than eighteen thousand high school pupils in 1941 and well over fourteen thousand in 1942, when I was getting into the smaller high schools. We think young people 14-18 are the most worth-while to reach because they are old enough to profit by what we give them, yet not so old as to have established drinking habits.

I anticipate a huge drink problem after the war when millions of young Americans will return to their homes with the habit of drinking alcoholic beverages fastened upon them as a means of relief from the boredom and *ennui* of living in camp waiting for the summons to active service.

Quit Drifting; Plan

By DAVID R. PORTER

Headmaster, Mount Hermon School, Mount Hermon, Mass.

OF THE MANY pressing problems of our day nothing is of greater social significance than the education of youth in regard to beverage alcohol.

We have, for a decade, been following a policy of drift in this matter,—realizing that many of the former techniques and methods were inappropriate to today's situation, but not giving our attention to any adequate alternative plan. Some method must be found for harnessing the intelligent convictions of youth both for personal discipline and for the social good.

* * *

Material and Organization

By DEAN LLOYD M. BERTHOLF

Western Maryland College, Westminster, Maryland

THERE ARE TWO main approaches that should have our continued interest and support.

The first of these is objective, unbiased, adequate education. Great strides have already been made along this line. The literature of today is splendid, for the most part. But there ought to be more literature available from sources that are not devoting themselves exclusively to these problems, and there ought to be more visual and auditory materials. The books that the National Forum puts out ("The Alcohol Problem Visualized," etc.) are really first class, I think, and have the advantage of being only one of a series of their books on various social problems. We must be fair; we must present all sides of the problem; and we must, at all costs, avoid extravagant, unsupported claims, because if the skeptic can find one single error in an article he will think himself justified in discarding the entire publication.

The second approach is that of organization. We need organization at two points: One of these is at that point of presenting the facts to the people. I believe that the public schools, the P.-T. A., Civic Clubs, and other community-wide organi-

zations as well as the churches can all be induced to include alcohol education in their regular activities if material is presented to them from a source that they trust. The other organizational need is at the point of giving youth an outlet for its energies and ambitions in such a way that more satisfaction is had without the use of beverage alcohol than with it. Personally, I think that Allied Youth and the Intercollegiate Association are the most promising organizations at present for doing this particular job.

* * *

A Place in the Curriculum

By **WILLIAM F. McCONN**
President Marion College, Marion, Ind.

A CHANGING SOCIAL ORDER adds constantly to the responsibilities of the school, which today carries responsibilities that in the past were shared by the home and other organizations in the community. Among those which recent years have added to the curriculum is the teaching of scientific facts concerning alcohol. For years the State has demanded that such instruction be given in the grades but recent enactments by the Indiana Legislature have widened the field with the demand that such instruction be given to secondary groups as well.

The question which confronts the schools is not concerning the method of dealing with the drink problem in the community, but rather a scientific study into the nature of alcohol and its effects upon the human body. The youth of today needs to be clearly informed concerning anything that may be classed scientifically as either a poison or a narcotic drug. The task of analysis belongs to the chemist and his facts are matters of record. The effects that this habit-forming drug produces belong to the biologist, the psychologist, and the medical practitioner. The results of their experiments and experience form some of the materials that are available today for the teacher who faces the demands of our social order that the burden of teaching alcohol education be borne by the curriculum.

The task of the school is not that of culturalizing the indi-

vidual, either for or against the sale of alcoholic liquors in the community; rather it is that of bringing to his attention the effects which alcohol produces for the child, for the adult, for the family, and for posterity.

* * *

Meet the Artificial With the Natural

By JOHN ROBBINS HART, Ph.D.
The Washington Memorial, Valley Forge, Pa.

THE INCREASING success of the movement to teach people how to "drink properly" is alarming. Of course there is no way to drink to one's advantage, but this subtle suggestion as a reaction to prohibition found deep and widespread lodgment in people's minds. It is introduced at an early age and among all classes. What shall be our counter move?

The physiological and mental facts are just the same as ever; they prove that alcohol should be used as a drug, if at all, not as a beverage. Short-sighted medical men advise alcoholic "stimulants," and so naturally the patient takes much more than he needs and with an advanced sense of piety. A prescription not conducive to excess use would be so much better. Some medical men, as ever, see the advantages that are in other forms of stimulation, thus omitting alcohol—the danger drug—altogether.

Because women continue to insist upon imitating men's vices, we have the problem with them as never before. This age of drugs, stimulants and narcotics is not only taking a terrific toll in health and refinement, but it adds also much fuel to the fire of our Axis enemies who rightly question so many of our claims of advance and progress in the Christian democracies.

The natural, normal, healthy life calls for the eternal fight against the artificial and the poisonous.

Drunkenness kindles and discloses every kind of vice, and removes the sense of shame that veils our evil undertakings.—SENECA, *Eighty Third Epistle*.

WHEN THE STRENGTH of wine has become too great and has gained control over the mind, every lurking evil comes forth from its hiding place.

—SENECA, Eighty Third Epistle, 306.

Choose Your “Kind of Life”

By GERALD KENNEDY

HAVE YOU EVER SEEN that dreariest of spectacles, a person boringly drunk making a nuisance of himself? And have you said to yourself, “How splendid. That is the part I ought to play!” Have you ever seen that most disheartening sight—a woman drunk? And have you said, “Isn’t that smart? Isn’t it exciting?” Have you ever seen a wretch being drunk in the gutter and thought, “That fellow is really living”? No, you never said any of these things. There is no admiration for the kind of life that has to be drugged in order to escape boredom. Every person in the presence of these embarrassing spectacles, says to himself, “I am not like that.” You see, it is not a matter of an external rule at all. We can escape that but we cannot escape what we are. Let any man dare to accept Christianity’s affirmation that we are the sons of God, and alcohol will find no place in his life. Because of a rule? No, because of what he is.

Rev. Gerald Kennedy, Ph.D., is pastor of St. Paul Methodist Church, Lincoln, Nebr., seat of Wesley Foundation, a Center for students at the University of Nebraska. The excerpt is from an address to students at Stanford University.

Our library is happy to have friends that contribute the INTERNATIONAL STUDENT of Liquor in Life Today. Its quiet presence in our reading counter is a more powerful influence than a sermon. Students read it of their own volition, and apparently are interested in doing so. —GERTRUDE GIBBONS, Librarian, Davis Vocational and Technical High School, Grand Rapids, Mich.

Beating Dictators at the Source

By DEAN WILLIAM H. POWERS

Syracuse University

ON AN EARLY summer afternoon of 1938, my wife and I arrived at a certain hotel in Germany, a favorite stopping place of Adolf Hitler when in that city. Going in to dinner that evening we were ushered with much pomp to a table by a dining-room fuehrer. Turning to my wife as we sat down, I quoted from Sam Walter Foss these lines:

*"Bring me men to match my mountains,
Bring me men to match my plains,
Men with empires in their purpose,
And new eras in their brains."*

When she inquired why I had suddenly waxed so poetic I suggested that she turn and look at a picture on the wall. It was a full-length life-size portrait of Herr Hitler in Nazi uniform, wearing his many decorations. The painter had used the Bavarian Alps as background, but the peaks of those majestic mountains came just to Hitler's boot tops. There you have a picture of a dictatorship that has become a menace to the world.

I am borrowing this incident—and that picture—to provide an analogy. For as the poison of dictatorship is the menace of our disordered political world, so is the dictatorship of poison the menace of our disordered moral world.

Let us engage in a comparative study.

Condensed from an address by Dean William H. Powers, Syracuse University, at Cutler Union, University of Rochester.

An Origin of Dictators

The dictators obtain the interest and the support of the people *when they are down*.

At a recent meeting in Evanston I heard a significant address by Dr. Herbert Gezork who just a few years ago was the leader of a Student Christian Movement in Germany. When the Hitler Youth Movement was organized, taking over all other youth movements, Herr Gezork was given his choice of concentration camp or leaving Germany. He came to America and is now teaching here. It was heart-rending to hear him tell of the hunger of the German people after the first world war. This and other factors combined to produce in them a spirit of defeatism which later made dictatorship possible.

In like manner Dictator Alcohol preys upon the socially jaded youth and middle-aged victims of frustration, creating in them an increasingly demanding appetite that leads to disintegration of body and mind. Dr. William H. Park¹ has made this plain in his medical observation:

"It seems to be forgotten that increasing use of alcohol is one of its pathological effects, quite as much as nephritis, cirrhosis of the liver or cerebral degeneration. The point should be made clear that when a man enters a drinking group he deliberately assumes an extra risk."

Techniques of Dictators

The first technique of the dictator, whether his name be Adolf or Alcohol, is to *exaggerate deprivation*, and then by lying propaganda to deceive the people as to the benefits that he is ready and able to give them.

To this propaganda unfortunately, adolescent youth seems to be most susceptible. I recall talking to an older man, a bank clerk in a German city. Back of him was a picture of the Fuehrer, the kind that looks at you wherever you are in the room. He asked me for the meaning of the American slang phrase, "good riddance." When I told him he turned unconsciously toward the picture and said, "I can use that sometime." On the contrary, I saw many a German boy of fourteen or fifteen with unbounded enthusiasm shouting lustily, "Heil Hitler!" It was not far from this expression of loyalty to the place where this youth went out to gain lebensraum through conquest.

I think of that when I hear a certain brewing firm tell how wonderful their product is because of the pure water it contains. Of course the water is pure.

Dictator Alcohol promises food value from his product. An investigation by the Royal College of Physicians as reported by Dr. Weeks² gives the answer: "A food may be defined as any substance, which when absorbed into the blood, will nourish, repair waste, and furnish force and heat to the body without causing injury to any of its parts, or loss of functional activity. Alcohol fails to fulfill these conditions. Since alcohol contains no nitrogen it cannot repair or provide for growth, hence the statement that a glass of good beer is as nourishing as a glass of milk is not true."

Dictator Alcohol promises to *increase the vitality of its user*. Let us see. Dr. Park¹ again tells us, "One of the most important findings is the fact that alcohol adds nothing to the organic efficiency of the circulation. There is an acceleration of the pulse-beat without any increase in its force."

Dictator Alcohol promises increased efficiency. Dr. Miles³ found the answer when he carried out several experiments relating to the effect of alcohol on typists. He discovered that a very moderate quantity was sufficient to slow down the speed of the operator, greatly increase the number of errors and demoralize the smoothness of performance.

Still another situation where Dictator Alcohol makes false promises is in its effect on the motorist. The following statement⁴ furnishes an answer:

The Reasons

Posters warn, "If you drive don't drink." These are the reasons:

1—The eye span is narrowed, so the drinker cannot see on either side. The insurance companies call this "tunnel" vision.

2—The eye range is shortened, so the drinker must be much closer to an object before it is within his vision.

3—The eyes do not work together, so two objects appear on the retina, causing a blur.

4—The numbed optic nerve does not catch the waves of light which enable us to see color, and the drinker does not see green, yellow or red, but only a light.

"The drinker's thinking is slower and he is confused as to what to do, and therefore the actions and reactions are slower or less accurate."

"Alcohol impairs the drinker's ability to judge the effect upon himself. A father, trying to teach his son how to 'drink like a gentleman' explained, 'You must learn when to stop. You see those two men on the bench yonder? When I begin to see four men I shall stop.' The son looked from the bench back to his father and said, 'But, father, there is only one man on the bench'."

Misleading Promise of Mental Aid

One of the most astounding falsifications concerning the benefits of alcohol upon mental efficiency is found in the case of Edgar Allen Poe. There has been a general belief that Poe did his best writing when under the effect of alcohol. Professor King⁵ explodes this fallacy: "Hervey Allen, author of the definitive biography of Poe (Israfel, 1927), has thoroughly investigated the sources of Poe's poetic inspiration, and finds not one of them 'in a bottle,' but all in the drier climate of a thoroughgoing and painstaking scholarship. He dispels the myth that Poe wrote his poems in sudden flights of inspiration. One such myth was circulated about the composition of the poem 'Bells.' According to this story, Poe wrote the poem on a Sunday afternoon when suffering from one of his periodic breakdowns from drink and was being cared for in the home of a friend. The ringing of bells in a neighboring church led his nurse to suggest a poem on bells and she brought him pen and paper. A two-stanza version of the poem was circulated to which Poe had fixed the name of that lady. But the discovery of a series of notebooks which date back to Poe's student days reveals that the subject of bells had long been under investigation and meditation by the poet. An early clipping from a literary journal reveals the source of the word 'tintinnabulation' which appears in the first stanza of the final version of the poem, and which has long been thought to be an invention of the poet for rhythmic effect. Pliny records that bells were known in Rome long before his time and were called 'tintinnabula.' Such historical and linguistic scholarship is the dry source of Poe's genius."

Realism and Dictatorship

We have considered some of the benefits promised by Dictator Alcohol, none of which he is able to fulfill. Now let us look at some expert testimony of the actual *damage* done by his continued work on the human body and mind.

The injury he works on the central nervous system is extremely detrimental. Dr. Emerson⁶ is the first witness. He says:

"The chief action of alcohol on the central nervous system, formed by the brain and the spinal cord, is that of a depressant. In all probability alcohol is taken in the majority of cases for its depressant effect, for with this comes the escape from the restraint of social conventions and self-criticism. The subject becomes less keenly aware of his environment, and his judgment becomes less acute. Thus freedom is obtained at the expense of the more efficient functioning of the higher faculties. It has been established that even in the smallest doses alcohol exerts a depressant action on the central nervous system. It should be noted that the depression exerted by alcohol is not like that of sleep, for alcoholic coma is not followed by refreshing recovery. On the contrary, the after effects of alcohol, the so-called 'hangover,' are those of continued depression. Additional alcohol may then be taken to overcome this depression and so a vicious circle is inaugurated."

Another authority cuts right across the corner with the statement, "Alcohol is the direct and principal cause of mental disease of several types."

Other damages done the human system by alcohol can be quickly summed up: chronic inflammation of the stomach lining, a gradual dulling of sensibilities of various sorts, development of serious unconcern in the matter of business and professional responsibilities, a gradual loss of memory, a dulling of the sense of moral and ethical values.

Last but not least, this dictator is accountable for a shortening of the life span of his subject. Dr. Park tells us, "The medico-actuarial investigation showing the experience of forty-three American Life Insurance Companies is a particularly important source of evidence as to the effects of alcohol on masses of lives. With very moderate drinkers (two glasses

of beer or one glass of whisky a day) mortality rate was 185 in excess of insured lives generally."

The political dictator is guilty of a perverted diversion of natural resources. The tapestry weavers of Rothenburg, the china makers of Dresden, the toy-makers of Nurnburg, the silk and novelty makers of Tokyo, the rubber workers in the Pacific Islands, and the automobile makers of Michigan must all make way for the production of bombing fortresses, submarines, battleships, tanks, and ammunition. And so with Dictator Alcohol. The grain that would make food must go to the distillery to make intoxicating beverages.

But, is all this a real problem or is it just a straw man? Again the answer comes, not from a temperance fanatic but from reputable medical authorities. Dr. Boudreau,⁷ an able Syracuse psychiatrist, has this to say, "We physicians know that alcoholism still remains a problem because we all view it with such tragic frequency. Alcoholism is a major health problem." Dr. Strecker⁸ adds, "Statistics not yet thoroughly checked are alarming. Drinking seems to be rapidly increasing among young people. A report on the latest known statistics of one insurance company indicates that a number of rejections, involving alcoholic indulgence in the age group under thirty, increased almost three times in four years."

If all this is true, we must reach certain definite conclusions:

First, that the time to prevent a dictatorship is before the dictator comes to power. It took Hitler ten years to come into complete control of Germany. According to the best medical information it takes eight to ten years to make a helpless alcohol addict. Second, that the very least we can do is to inform ourselves and pass along to others the facts as they are about this dictator.

¹ Dr. William H. Park, "Public Health and Hygiene."

² Dr. Courtenay Charles Weeks, "Alcohol and Human Life."

³ Dr. Walter R. Miles, Professor of Psychology and Physiology at Yale University.

⁴ November, 1941, issue of the P.E.O. Record, Bertha Rachel Palmer.

⁵ Professor Albion Roy King, November, 1941, issue "The International Student of Liquor in Life Today."

⁶ Dr. Haven Emerson of the Faculty of the College of Physicians and Surgeons, New York City.

⁷ Dr. Eugene Boudreau, Dec., 1941, issue, "New York Medical Journal."

⁸ Dr. Edward Strecker of University of Pennsylvania Medical School.

Choice Under Pressure

By HOWARD E. HAMLIN

WE LIVE IN A DAY of multiplying pressures. In many of our relationships, social pressures tend to compel conformity to group behavior, often to suppress individual choice and judgment.

Many of these pressures serve the common good, and should be encouraged. Others, through clever psychological techniques, suggest inferences that are misleading, and result in choices and behavior that threaten the common good. In these, the exercise of sharp discrimination is our only safeguard.

These pressures reach the ear and the eye through many channels in our complex life of today. They come over the radio, through the movie, the newspaper, the magazine, the comic strip, the billboard, the columnist, the commentator, and even ordinary social intercourse.

The greater the halo, mystery, or glamour that surrounds an idea or mode of social behavior, the more nearly irresistible it is likely to be. In its presence we seem to lose our mental poise. To test its worth or truth, it must be stripped of glamour and observed in terms of simple facts.

This was the technique followed in our program of education to combat the rapidly increasing use of marijuana a few years ago. The fact that marijuana was not a new but a well-known plant was emphasized. Its name, which originated in Mexico, was all that was new about it. The parents and grandparents of present-day youth had studied it and its effects when they were in school. Their textbooks of physiology and hygiene discussed it under the name of hashish. Physicians and druggists are familiar with it under the name of cannabis. In this country, since early colonial days, it has been grown as a common crop plant for its fiber for making rope, twine, and

Professor Howard E. Hamlin is Supervisor of Health and Narcotics Instruction in the Ohio State Board of Education, Columbus. This article is condensed from "Choice Under Pressure" in *The Ohio Parent-Teacher*, March, '43. Used by permission of the writer.

certain kinds of cloth. Such plain facts soon dispelled its novelty, and left us face to face with the danger that arises from its use as a narcotic. Today, the marijuana problem has practically disappeared.

In our present educational approach to drinking and smoking, the same principle should be followed. The advertiser, motivated by his desire for profits, cloaks these products in a halo of "smoothness and relaxation." He associates them with the care-free lives of kings and queens, or the glamour of ancient customs. Mere man stands helpless in the presence of such an appeal. Who does not wish to rest his weary nerves? Who has not wished for the day when life might be less strenuous, when one could do what he has dreamed of doing, as princes are supposed to do in their perpetual leisure? Why not have these dreams come true? Lady nicotine and the spirits of alcohol stand ready, right now, to bring you joy and peace forever! What an appeal!

Liquor advertisements that admonish the drinker to "Pay Your Bills First," say nothing of the possibility that he might be one of those persons so allergic to alcohol, that sooner or later, he would fall victim to his appetite. Conservative estimates indicate that there are more than a million drinkers of this type in America. In 1941, more than 12,000 alcoholics were admitted to hospitals for the insane. The liquor ads make no mention of these casualties!

"The Careful Drinker Is Always a Careful Driver," may indicate what the drinking driver struggles to do with his waning conscience; but it ignores how alcohol, even in small quantities, affects his ability to drive his car carefully and safely.

Many mistakes of judgment and behavior could be prevented if only we would do a little preliminary thinking. The person who anticipates his reactions will safeguard himself immensely against emergencies when they arise.

If you are at a dinner party where cocktails are to be served, just turn your glass upside down, if you do not care to drink. The waitress will understand. Not a word need be said.

If the cocktail has already been served, just leave it untouched.

(Continued on Page 156)

Church School Teaching on Alcohol

To Be "Related," Not "Inserted"

New Plan of International Council of Religious Education

THE PLAN TO INCLUDE temperance where it is related to the Bible study under way and can be effectively pointed up was believed to be more effective than the insertion in each quarter of a specified and labeled temperance lesson. There are a number of reasons for this opinion. In the first place it gives a more adequate background for temperance teaching. The former plan of having a temperance lesson on a given Sunday each quarter often placed it out of its Biblical context and gave an impression that the temperance lesson was being "inserted," as it were, instead of being a basic part of the quarterly study. This gave to those who did not feel inclined to teach temperance the opportunity to omit it on the ground that the on going study should not be interrupted.

Again, temperance education in the church schools must deal with persons who have different attitudes toward the temperance question. Among these attitudes there are three which are outstanding. First, there are persons who already are strong temperance advocates and need little or no confirmation of their convictions. They are already won to the cause. They need little more than a reminder from time to time. Then there are the persons who do not have strong convictions either because they are immature or because they have no experience or personal temptation which brings the problem vividly to attention. These persons need to have temperance teaching brought to them in a way that will appeal to them on the background of Christian motivation.

Condensed from a full statement, "*Temperance Teaching in the Uniform Lessons*," by PARK HAYS MILLER in the *Union Signal*, Feb. 27, '43.

IF ONE PLACED in a heap all the wreckage of human lives produced by the habit-formation implied in morphinism, cocaineism, barbituate addiction, and all the narcotic and hypnotic drugs put together, and if one were to balance against them all the habit-formation of disastrous type subsumed under the term alcoholism, the scale would shift immediately and unmistakably toward alcohol.

—DRS. LEO ALEXANDER, MERRILL MOORE, and ABRAHAM MYERSON; leaflet proposing reclassification of alcohol under Pure Food laws.

The third class of persons is composed of those who see no reason why persons should not drink alcoholic beverages in moderation if they wish to do so and who resist the attack upon this position as an attack upon their personal liberty. They therefore defend themselves . . . and so become less likely to be influenced by it. . . . These persons must be won. It was felt, therefore, that the purpose of providing effective temperance teaching would more likely be attained by placing the emphasis upon temperance where it grows naturally out of the Bible material being studied rather than by inserting it. . . .

There is not space in this article to give the detailed titles and suggestions found in the outlines for 1945 (when the new plan comes into effect). There are, however, six lessons, not four, in 1945 which have this clear temperance designation. . . .

The Council, at its meeting in February 1943, went on record "reaffirming its historic position in regard to the evils of beverage alcohol and the liquor traffic."

The Council affirmed the policy of including in the Uniform Series topical studies such as temperance where they are directly related to the Biblical content, adopted by the Committee at its first meeting in 1940 for the express purpose of making temperance education more effective in this series of lessons.

Education Included

In War-time Program on Beverage Alcohol

Statement of the Federal Council of Churches

IN WARTIME there are certain tendencies toward increased consumption of beverage alcohol, and also an aggravation of the problem of drunkenness. These tendencies have been reported in numerous expressions of concern by many churches and other responsible civic groups. Drunkenness presents us with important physical, social and psychological problems. Medical opinion has emphasized the importance of these problems. The Church, above and beyond these factors, recognizes moral issues in connection with the use of beverage alcohol, and its own obligations to consider and recommend proper educational, legislative and other social measures.

Therefore Be It Resolved,

(1) That there should be federal legislation enabling the President, the Secretaries of War and of the Navy to use the federal law enforcement agencies to deal with the problem of drunkenness and to control the distribution of beverage alcohol, whenever the local law enforcement agencies have failed in effectiveness in any community, area or premises, near military establishments or establishments engaged in war production. /

(2) That there should be further governmental action reducing the volume of beverage alcohol available for consumption, along with many other consumer's goods by diverting raw materials and supplies, and thus freeing labor and productive and distributive capacity.

(3) That legislatures of the states permitting the sale of beverage alcohol should strictly regulate, and decrease, the hours when it may be sold, both by package and for consump-

A NEW WORLD ORDER cannot come unless especially endowed communities, classes, or individuals recognize that their position involves obligation and act accordingly.

—KENNETH SCOTT LATORETTE, Yale University.

tion on the premises, the hours and intervals to be chosen in the light of British experience with this effective method of reducing consumption and increasing industrial efficiency.

(4) That the federal and state governments should generally adopt tax programs that encourage the dilution of proof spirits and fortified wines, thus presenting an incentive of reduced taxation to distributors, and thereby reducing the total volume of alcohol consumption.

(5) That the federal and state governments should extend, or begin, programs of education for the general public as to the nature of beverage alcohol and its effects on human life, through their public health and allied agencies.

(6) That the churches should undertake a renewed educational program of their own with reference to the nature of beverage alcohol and its effects on human life.

—From Report of the Business Committee of the Biennial Meeting, Cleveland, Ohio, Nov. 27, '42.

Drunkenness is nothing but a condition of insanity purposely assumed.—SENECA, *Eighty Third Epistle*.

The vices which liquor generated retain their power even when the liquor is gone.—SENECA, *Eighty Third Epistle*.

You should state why the wise man ought not to drink. Explain by facts, and not mere words, the hideousness of the thing and its haunting, haunting evils. Do that which is easiest of all—namely, demonstrate that what men call pleasures are punishments as soon as they have exceeded due bounds.—SENECA, *Eighty Third Epistle*.

The Cult of Narcotic Culture

In Daily Life

*Seek the Truth
Come Whence It May
Lead Where It Will.*

THE EFFECTS of alcohol upon the drinker are best studied in his changes of conduct, which reveal inferiority of performance whether tested by the physical or psychological level. — HAVEN EMERSON, M.D., College of Physicians and Surgeons, Columbia University. From an address at the National Education Association Convention, *Journal of the N.E.A.*, Sept., 1941.

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Impaired Judgment in "Black-outs"

Perhaps I ought to say, after a couple of years' experience of the black-out, and people being killed on the roads, that at least 80 per cent of the deaths are due to people leaving public-houses and getting killed on leaving; not necessarily drunken people, but people who had their judgment impaired and did not know what they were doing." — CORONER DAVID REES, East Glamorgan, England; *Alliance News*, London, Feb., '43.

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Others "Under the Influence"

This is another example that has come before these courts of the terrible effects of alcoholic liquor and the tragedies caused by drink. Day after day we find that many people are killed, men ruined and families plunged into misery because others have been under the influence of liquor at an inappropriate time. — JUSTICE RAMSBOTTOM, Rand, South Africa, summing up the evidence after a railroad accident in which twenty-four were killed.

Underlying Personality

Irrespective of what anyone may claim about underlying personality problems in the chronic addict, the fact remains that without alcohol taken to excess alcoholism does not occur.—DRS. LEO ALEXANDER, MERRILL MOORE and ABRAHAM MYERSON, pamphlet proposing re-classification of alcohol under Pure Food Laws.



Beer Bottles vs. Icy Desserts

Those who like to drink beer out of bottles received some reassurance from the War Production Board, but the outlook for ice cream lovers is not so good.

W. P. B. announced that it would permit the continued use of no-deposit glass beer bottles. (Under a previous order, manufacture of the glass bottles was to have stopped on December 31. However, no critical materials are used in making the bottles.)

The board's order affecting commercial manufacture of ice cream as well as frozen custard, milk sherbert and other frozen desserts includes another 10 per cent cut this month . . . which means that the total production will be no greater than half the ice cream or other frozen desserts produced last October.

Ice cream action was taken to relieve the dairy shortage, official announcement indicated. —*Columbus, Ohio, Citizen*, Jan. 13, 1943.



Passing On to Their Children

For the ever-increasing addiction to narcotics, fast living, violation of the laws of health, ignorance, and indifference we are paying a heavy toll. The findings of the conference on Child Health and Protection told us what our American parents are passing along to their children. Of 45,000,000 children: 10,000,000 are handicapped, 6,000,000 are improperly nourished, 1,000,000 have defective teeth, 875,000 offer heavier problems, 450,000 are mentally retarded, 382,000 are tubercular, 342,000 have impaired hearing, 18,000 are totally deaf, 300,000 are crippled, 50,000 are blind, 200,000 are partially blind, 200,000 are delinquent, 500,000 are dependent.—

From survey made under direction of DR. RAY LYMAN WILBUR, Bulletin of World Narcotic Research Foundation.

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Gang of Human Enemies

Alcohol is not so much an individual enemy, as a member of a gang of human enemies—disease, poverty, vice, crime, fatigue, over-exertion. We may call it the confidence man of civilization, taking people down by associating with social pleasures.—HARVEY SUTTON, M.D., Director, School of Public Health, Sydney University, Australia.

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Never-ending Bootlegger

In November liquor stocks in the stores began to get low, and the state (Washington) decided to limit buyers to one quart of hard liquor a week by card rationing. Bootleggers since have been getting \$5.00 to \$7.00 a for a pint of whisky that sells for \$1.75 in the liquor stores, upward of \$13.00 per quart.

Bootleggers get supplies by having friends and relatives buy the one-quart-per-week quotas for them.—*Business Week*, Jan. 9, '43.

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Under Any Form of Control

The government estimate that for every legal distillery, there are at least one hundred illicit stills. The federal agents are grabbing moonshiners at the rate of a thousand a month, and still the bootleg racket grows. The federal people tell us that they estimate last year's moonshine at 18,000,000 gallons. Legally made, this would have fetched the government \$72,000,000 in taxes. Let's see. That would have built ten destroyers for our Navy or—it would pay for some three hundred bombers.—WALTER DAVENPORT, "The Rum Racket Returns," *Collier's*, Nov. 28, '42.

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Contacting the Public

During the first ten months of 1942 there were 2,837 Minnesota driver's licenses revoked. Of these 2,514 or all but 323 were for drunken driving and habitual inebriety.—*Spotlight*, Minneapolis, Dec., '42.

National P.-T. Congress

Inasmuch as men 18 and 19 years old are now subject to the draft, thus lowering the general age level of the armed forces, the National Congress of Parents and Teachers urges that particular attention be directed to restricting the sale of intoxicating beverages and eliminating prostitution near military camps and military areas.—Resolution adopted by the executive committee of the National Congress of Parents and Teachers at a recent meeting in Chicago.

CHOICE UNDER PRESSURE

(Continued from Page 148)

If someone starts to "kid" you, remain silent; you have said enough to indicate your desire. This is a place where "silence is golden."

Some meet the situation by saying, "I'm laying off," or "I'm on the water wagon for the present." Such expressions create mystery, and common courtesy stops further inquiry.

The fear of ridicule when one refuses to conform to the action of the group is more a ghost than a reality. We well know that when coffee or tea are served, one may say, "No thank you," and forget it. No one is offended, or thinks anything about it. There is no reason why the same reply should not be appropriate and acceptable in this matter of smoking and drinking.

Every issue I see impresses me. You are indeed getting out a very admirable publication—paper, type, appearance—and what of course is more important, the matter.—DELCEVARE KING, Granite Trust Co., Quincy, Mass.

Your magazine is outstanding in its field.—DR. GERALD KENNEDY, Lincoln, Nebr.

The Library and Biology department of our school, and several teachers, have been acquainted with the INTERNATIONAL STUDENT for several years. We believe it to be a worthwhile publication. We would like to have three copies for Biology room and library.—A. VERNE FULLER, Biology Department, Senior High School, Muskegon, Mich.

That savage hospitality which knocks a man down with strong liquors is a devil.—ROBERT BURNS, letter, Mch., 1788.

Recent Book, Pamphlet and Magazine

Publications of Permanent Value

SCIENTIFIC; HEALTH; THE PROBLEM IN GENERAL

The Advancing Front of Medicine, by GEORGE W. GRAY, M.D. Chapter V, "Drink," is a concise, non-technical and up-to-date summary of the established scientific information as to beverage alcohol and its effects in human life; perhaps the best summary now available. 1941. Whittlesey House, New York and London.

Alcohol and Man, HAVEN EMERSON, M.D., Editor. A comprehensive and substantial survey of scientific information on the physiological, psychological, health, chemical and all related phases of the alcohol problem by sixteen leading scientific experts in their special fields. 450 pages; 1939, \$3.50. Macmillan Co., New York, N. Y.

Alcohol Explored, by HOWARD W. HAGGARD, M.D., and E. M. JELLINEK, Sc.D., is an all-over survey of scientific information on the alcohol problem of today, including, especially an exploration of recent and earlier findings as to "why some men become excessive drinkers and why some excessive drinkers become addicts." Representative chapters include: "The Alcohol Problem Defined," "What the World Drinks, and How Much," "What Happens to Alcohol in the Body," "Alcohol and Behavior." Dr. Haggard is Director of Applied Physiology at Yale University. 297 pages; 1942; \$2.75. Doubleday Doran & Co., Garden City, N. Y.

Effects of Alcohol on the Individual, by E. M. JELLINEK, Sc.D. Edited on behalf of the Scientific Committee of the Research Council on Problems of Alcohol. A highly scientific digest of a vast number of volumes and articles on alcoholism; alcohol addiction and its treatment; alcoholic mental disorders; vitamin deficiencies in alcoholism; scientific tables and much bibliography. 1942; 366 pages, \$4.00. Yale University Press, New Haven, Conn.

Alcoholics Anonymous, the story of how more than 6,000 men and women have recovered from alcoholism; a study of chronic addiction with case histories of those who have conquered the habit. 1942, 400 pages, \$3.50. Works Publishing Co., New York, N. Y.

Alcohol and Human Efficiency, by WALTER R. MILES, Ph.D. A noted book of research, with detailed report of extensive experimentation with moderate quantities and dilute solutions of alcohol. Written in 1924, it is of highest permanent value. \$3.00; The Carnegie Institution, Washington, D. C.

Alcohol and Human Life, by COURTENAY C. WEEKS, M.R.C.S., L.R.C.P. A thorough, comprehensive book by one of the most noted scientific educators, with exceptional experience as army surgeon, to be found in Great Britain. The "use of alcohol in medical treatment," "as a food," and its effects on "the nervous system," and the body, "the child and racial poison," are among the topics carefully treated. 1929; 200 pages; H. K. Lewis and Co., Ltd., London.

Effects of Alcoholic Drinks, by EMMA L. TRANSEAU, Research Secretary. Widely compiled information, strictly scientific, as to the nature of liquors; bodily disposal of alcohol; effects on the nervous system; neuro-muscular coördination; alcoholism; normal resistance to health dangers; social burden of alcohol. A systematic survey in non-technical language. Board, \$1.50, paper, \$1.25. Scientific Temperance Federation, 12 N. Third St., Columbus, Ohio.

Alcohol: Its Physiological and Psychological Effects and Their Social Consequences, by MARY LEWIS REED, R.N. The important scientific findings of recent investigations condensed into a fifty-six page booklet; clear, factual material and its social meaning. 1942; 15 cents; Mary Lewis Reed, Room 902, 468 Fourth Ave., New York, N. Y.

PSYCHOLOGICAL APPROACH

"The Psychological Effects of Alcohol," by WALTER R. MILES, pages 224-272, and "Alcohol as a Psychiatric Problem," by ADOLF MEYER, pages 224-272, of *Alcohol and Man* by HAVEN EMERSON, M.D. \$3.00, Macmillan Co., N. Y.

What Price Alcohol? by ROBERT S. CARROLL, M.D. Preface by Adolf Meyer. A survey of the psychological and physiological understanding of the alcohol problem from the viewpoint of a highly experienced psychiatrist; reorients the causes and treatment of alcoholism. 1941. 362 pages, \$3.00. Macmillan, N. Y.

Alcohol: One Man's Meat, by EDWARD A. STRECKER, M.D., Sc.D., University of Pennsylvania psychologist, and FRANCIS T. CHAMBERS, Jr. The section, "The Psychology of Alcoholism," contains chapters on "Alcohol, the Camouflaged Narcotic," the "Identification of the Alcoholic," "Suggested Physiological Mechanisms in Abnormal Drinking," "The Alcohol Saturated Personality," "Alcohol and Sex," and the "Alcoholic Breakdown." 1939. 230 pages, \$2.50. Macmillan Co.

To Drink or Not to Drink, by CHARLES H. DUFEE, Ph.D. A discussion of the cause and cure of "problem drinkers," of "the man or woman whose drinking is a matter not of choice but of inner necessity." Three sections outline the scope of the book: "Understanding the Drinker," "Helping the Drinker," "Drinking as a Social Problem." Dr. Durfee writes from experience in treating "problem drinkers." 212 pages; 1937; \$2.00. Longmans, Green and Co., New York.

Alcohol: Its Effects on Mind and Efficiency; from a Report of the Alcohol Investigation Committee of the British Medical Research Council; the "Mental Effects of Alcohol" and "Alcohol and the Performance of Muscular Acts and the Simple Mental Processes"; a 54-

page pamphlets, 2 cents. Scientific Temperance Federation, 12 N. Third St., Columbus, O.

The Psychological Foundation of Alcoholism, by ALBION RAY KING, Ph.D. This very recent collected and up-to-the-moment edition of Dr. King's popular presentation of the very latest psychological facts on intoxication and its relation to personality is not only clear and specific; it is scientifically sound and of practical usefulness. 1943. 94 pages, 50 cents; Dean Albion R. King, Cornell College, Mt. Vernon, Iowa.

The Psychological Foundation of the Alcoholic Addict, by ROBERT V. SEITZ, M.D., Ph.D., Director, Johns Hopkins University Medical School. The pamphlet includes a statement of the "Factors in Alcoholic Addiction," and furnishes data that are useful to the ordinary student as well as the expert. 1941. Medical Journal Press, Monticello, N. Y.

SOCIOLOGICAL; SOCIAL INFLUENCES

The New Psychology of Man, by HARRY S. WARNER. A series of pamphlets—*Intelligence* and *Personality*—the results of recent scientific research—especially psychological and sociological information and trends—in psychology and explanation of practical every-day problems of living. References to source material are specific and are included to aid discussion and further study. Titles listed:

"Does Alcohol Affect Creative Ability?" "Alcoholic Pleasure: What Is It?" "Should Social Drink Customs be Accepted?" "Is Liquor the Same Old Question?" "Alcoholic Culture: Should It be Retained?" "Social Consequences of the Alcoholic Desire." "Alcoholic Release and Its Expression." "Alcoholic Pleasure and Public Safety." "Alcoholic Release and Public Disorder." "Alcoholic Personality." "The Cult of Nuisance." "World Questioning of Alcoholic Pleasure." 10 cents each, the series of twelve. State Temperance League Association for Study of the Alcohol Problem, 12 N. Third St., Cor. East Broad, Columbus, O.

The Anatomy of Social Repeal, by FLETCHER DOBYNS. The sub-title describes it as "An Exposure of the Power of Propaganda," or, as the *Chicago Telegram* calls it, "An illuminating study of the whole propaganda system." The backing and of pressure from social prestige, corrupt political and moneyed interests that expected to profit from repeal, as revealed by the first-hand experience and research of Mr. Dobyns while Assistant Attorney General in Chicago, "before and after," will be accepted history in less vivid language, some day. 1940. 470 pages; \$3.00. Willett, Clark and Co., Chicago, Ill.

Tamed Liquor Control, by RAYMOND B. FOSDICK and ALBERT L. SHER. An outline of the problem in 1933, with detailed suggestion of a recommended "Authority Plan," and an "Authority Plan with Adaptations," leading toward "Education," and "Control," these quotations being titles of chapters. 220 pages; 1933. \$2.00. Harper and Bros. New York.

The Problem of Liquor Control, by JULIA E. JOHNSON. An enlarged brief for debate and discussion with abundant bibliography and much quoted factual material; a book of the Handbooks for Debate series. 1934. 107 pages; H. W. Wilson Co., New York.

EDUCATIONAL; DISCUSSION, INSTRUCTION

The Alcohol Problem Visualized, by the Editorial Committee of the National Forum. "Visualized" is its distinctive characteristic—vivid, dramatic, highly illustrated, yet scientific, objective, factual. The important facts, findings, and figures of specialists. 1940: 96 pages; 75 cents. The National Forum, 417 S. Dearborn St., Chicago, Ill.

What About Alcohol? by EMIL BOGEN, M.D., and L. W. S. HISEY. An attractive volume giving in 17 brief chapters the latest scientific information adapted to high school levels; useful to teachers and students. 1939, 94 pages, \$1.50. Angelus Press, 1240 S. Main St., Los Angeles, Calif.

Alcohol; Its Effect on Man, by HAVEN EMERSON; authoritative, concise; 1934, \$1.00; D. Appleton-Century Co., New York.

A Syllabus in Alcohol Education, by BERTHA RACHEL PALMER. A compact digest of scientific information. Sixth Edition. Completely revised, 1941; 25 cents. National W. C. T. U. Publishing House, Evanston, Ill.

Suggestions for Teaching the Effects of Alcohol and Other Narcotics, JOHN A. PERMENTER, Bulletin No. 22-k, Florida State Department of Education, Tallahassee, Dec., 1941.

Straight Thinking on Narcotics, by JOHN C. ALMACK, Ph.D., Professor of Education, Stanford University. 1940, 178 pages, \$1.25; Pacific Press Assn., Mountain View, Calif.

Alcohol Talks to Youth, by HOWARD E. HAMLIN; revised, 1938; 25 cents; School and College Service, Sta. B., Columbus, Ohio.

Alcohol the Destroyer, by C. AUBREY HEARN, LL.B. A wide examination of the unfortunate consequences of alcoholic liquors in daily living, organized as a study book for youth of high school age in attendance at church schools. It brings out "the Nature of Alcohol," as it injures "Health," "Mind and Personality," "Moral and Spiritual Values," and "Society" and encourages youth to face the question, "To Drink or Not to Drink?" 149 pages; 1943. Cloth 60 cents, paper 40 cents. The Broadman Press, Nashville, Tenn.

BETWEEN THE FEELING of exhilaration which follows the first drink, and the condition of coma which provides complete insensitivity to pain, there are various gradations. These depend on the amounts imbibed and their concentrations of alcohol.

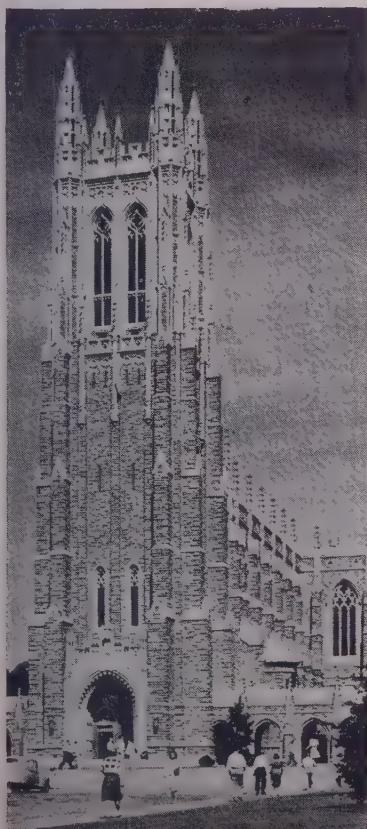
—GEORGE W. GRAY, M.D.,
The Advancing Front of Medicine, 328.

MAY
1943

THE
INTERNATIONAL

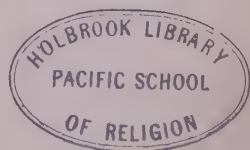
STUDENT

OF LIQUOR IN LIFE TODAY



IN THIS NUMBER---

*NEW
LIQUOR
PROBLEM
EDUCATION
FOR
POST-WAR
SITUATION*



Democracy
is something
deeper than
Liberty; it is
Responsibility"

THE CHAPEL,
DUKE UNIVERSITY,
DURHAM, N. C.

THE INTERNATIONAL STUDENT

MAY, 1943

HARRY S. WARNER, *Editor*

Vol. XL, No. 6

ALCOHOL has the peculiar effect of dulling the functions of perception and thought in regard to current problems; it turns the emotions and imagination back to the stage of childish consciousness. In extreme cases this represents a form of infantilism which renders the victim incapable of functioning in the adult world.—ALBION ROY KING, *The Psychology of Drunkenness* (1943).

FORM OF BEQUEST

I give and bequeath to the Intercollegiate Association for Study of the Alcohol Problem, a corporation of the District of Columbia, Washington, D. C., the sum of dollars, to be used in the work of the Association.

Headquarters, 12 N. Third St., Columbus, Ohio.

THE INTERNATIONAL STUDENT, organ of THE INTERCOLLEGIATE ASSOCIATION FOR STUDY OF THE ALCOHOL PROBLEM, is issued six times a year in October, November, January, February, April, and May.

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Face Post-War Liquor

With New Education

AS AN AID to thinking and discussion on the Beverage Alcohol Problem, as it is being influenced by the World War, and to start preparation toward meeting the difficult—if not dangerous—situation that must be expected as the public seeks release from war tension, THE INTERNATIONAL STUDENT asked interested college educators for an expression of opinion as to the approach that will be most effective at that time.

Typical answers follow, additional to those in the April INTERNATIONAL STUDENT:

SCIENTIFIC FACTS CLEARLY PRESENTED

Have an Emotional Appeal

By **ANDREW C. IVY, M.D.**

The Medical School, Northwestern University, Chicago, Ill.

EDUCATION on beverage alcohol should be strictly scientific. The established facts should be known by the teacher and should be presented as such to the student. The controversial points, or the points not established as facts, should be presented as such and nothing more. Teaching that is prejudiced, that is based on emotion, that smacks strongly of moralizing, is not scientific. Facts presented in a clear, attractive and organized manner have an emotional appeal which exerts a moral and guiding influence on every unprejudiced mind. An informed public will exercise more self-control and will be more likely to adopt and respect effective legal controls than an uninformed public. Every teacher knows that one of the purposes of education is to create an informed public opinion by teaching facts and by stimulating students to ascertain the facts regarding all questions.

FREE THE AVERAGE MAN

For the Coming New Epoch

By **CECIL C. NORTH**

Professor of Sociology, Ohio State University, Columbus, Ohio

IN THE MINDS of thinking people the present war marks the beginning of a new epoch in human history. That new epoch is to be concerned with the utilization of all resources, national and international, for the enrichment of life for the common man. He must be freed from all the bondages that have enslaved him, or stood in the way of his realization of the good life.

Among these obstacles must be listed the excessive use of beverage alcohol. The emphasis in our educational program, it appears to me, should be on the obstacles which our present use of alcohol puts in the way of the common man. There is not much gain in freeing him from external restraints, if he is to build up within himself habits and indulgences that make it impossible for him to utilize his own resources for happiness and achievement.

* * *

APPEAL DEEPER THAN INTELLECTUAL ASSENT

By **CARROLL P. LAHMAN**

Chairman, Department of Speech, Albion College, Albion, Mich.

INCREASINGLY COLLEGE and high school young people are taking the drink custom for granted. They are more repelled than won by the old-fashioned moralistic approach. Nevertheless, I believe that an appeal to something deeper than mere intellectual assent is needed. It is not enough to know the harmful effects of alcohol. Unless convictions are also held, for most people neither abstinence nor real temperance will result. Are there no longer any Christian or religious implications involved? If there are, I am firmly of the opinion that in young people's religious work and in church-related institutions, at least, these implications and applications should be stressed.

EDUCATE FACULTY MEMBERS

By FRANKLIN I. SHEEDER

Registrar, Ursinus College, Collegeville, Pa.

THE PROBLEM so far as the colleges are concerned, is one of educating administrators and faculty members regarding the real nature of the alcohol problem. Too long our institutions have been burdened with men in positions of leadership who have closed minds on this serious question. As "timid souls" they have followed a "hush-hush" policy to avoid the criticism of the "rah-rah" type of alumni who mistakenly believe that the only kind of enjoyment worthy of a gentleman is that which is inspired by a flask or a cocktail. A virile, intelligent campaign of education, aimed at the "higher-ups," is needed now for effective post-war results.

* * *

THE COLLEGE AND BEVERAGE ALCOHOL

By W. W. PETERS

President, McPherson College, McPherson, Kans.

BEVERAGE ALCOHOL is one of humanity's major personal, economic, social, political and moral problems; yet we seem to be doing comparatively little to secure an adequate solution.

The public needs to be aroused to participate in an intelligent, constructive program to the end of finding a successful and reasonably permanent way of overcoming the evils of beverage alcohol. The emphasis should be upon prevention rather than cure; upon education rather than legislation.

Never in the history of our country has the level of informed intelligence been as high as it is at the present and never have we had as many high school and college graduates. But having said this, we are compelled to follow with the humiliating fact that never in the history of the oldest generation alive has there been such widespread use of alcoholic beverages, by both young and old and by both men and women.

Our schools, colleges, and universities, from the kindergarten to the graduate level, need to become more seriously con-

cerned about the personal and social welfare and the basic philosophy of living of those whom they attempt to instruct. Upon whom do we have a greater right to depend for wholesome thinking, living, and teaching than upon our teachers? And upon whom ought we depend more for leadership against beverage alcohol, than upon college men and women?

The country is no stronger than the moral integrity, the intellectual achievements, the social conscience, and the ethical philosophy of the majority of her citizens. Our security and growth depend not alone upon our material resources but upon these controlled by spiritual values to the end of the general welfare and the common good.

I do not want to be an alarmist but the increasing use of alcohol by children and youth, and the indifference of many adults to it, ought at least to be disturbing to all who believe in wholesome living as the goal of life.

* * *

PLAN A POST-WAR EDUCATIONAL PROGRAM

By A. P. POTORF

**Professor of Religion and Philosophy, American University,
Washington, D. C.**

IN ALL OUR PLANNING for the Post War World, we should not neglect to include plans for a sober world, and all such plans should be made on a basis of intelligent reasoning and sympathetic understanding.

The government should utilize its educational institutions to train personnel for post-war planning, dealing with every phase of life. But what interest does the government have in the alcohol problem, which can do more to sabotage the results of a just and durable peace than almost any other social factor?

I would suggest that the government, through the Department of Education, make a thorough study of this problem and present its findings as a basis for curricular offerings. Certainly, the church related colleges and universities would appreciate and support a "lead" in this direction. They would do their utmost to work for a sober world, knowing that they had the sympathetic understanding of their government.

POUR OUT SCIENTIFIC FACTS With Heat in Them

By **HUGH A. KELSEY**

President, Sterling College, Sterling, Kansas

THE UNITED STATES needs a plan which will pour on the scientific facts about beverage alcohol with enough heat to call attention to them. No cold, calculating, purely argumentative program will ever move the liquor people, nor any great portion of other people. Humans are emotional, and action usually originates in the emotions. All opponents of the traffic in beverage alcohol must realize that ultimately we will have to slug it out with those who control it. The money behind that business will never listen to pure reason.

* * *

INAUGURATE COLLEGE RESEARCH

By **RAYMOND E. MENDENHALL**

Professor of Education, Southwestern University, Georgetown, Texas

IT IS WISE to begin with fundamentals, sources, fountain heads. Our modern alcohol problem is largely a matter of prestige. People drink because they think it socially proper to do so. Our leaders in higher education avoid the whole subject because they deem it socially and professionally inexpedient to risk becoming known as "drys." This situation must be altered. The economic, social, political, and psychological effects of alcohol should become the objects of normal research in our best universities. To inaugurate such research, I believe that special endowments or subventions must be provided for that specific purpose.

* * *

EDUCATION AND ALCOHOL

By **FREDERICK D. KERSHNER**

Dean, School of Religion, Butler University, Indianapolis, Indiana

THE USE OF ALCOHOL by college and university students constitutes one of the unsavory traditions of the history of education. The time has come when the young peo-

ple of the world must set their faces like flint against the twin evils of intemperance and war, and make up their minds to banish them forever from the earth. It will require courage, intelligence, and faith in order to accomplish this result. There must be a background of public opinion which the students themselves can create and support. The new world order must be free from the moral taint of intemperance if it is to prove permanent and rewarding.

* * *

THE PSYCHOLOGICAL CAUSE Behind the Use

By JOHN A THACKSTON

College of Education, University of Tennessee, Knoxville, Tenn.

"IF THERE WERE a barroom on every corner in my community, I would not drink more beverage alcohol," said the professor. "It's presence in my community, whether legally or illegally sold, is not the main problem with regard to alcohol. The main problem is found in the *psychological cause* back of a person's use of alcohol. Remove the cause for drinking, and you need not worry so much about the presence of alcohol in a community. The fact that I do not drink, while my neighbor does, is due to his lack of mental health, which in turn is brought about by physical and social conditions under which he lives, and not by the presence of alcohol. This is our great alcohol problem for education now and in the future."

NEW SPECIAL COURSE

Wheaton College, Wheaton, Ill., is offering a new course in narcotics education for teachers, pastors and social workers, with regular college credit, during the Inter-session, June 14-June 25, of the Summer School of 1943. Miss Bertha Rachel Palmer, Director, Scientific Temperance Instruction, of the National Woman's Christian Temperance Union, will be instructor. An Alumni Institute during the period will give additional field to the service offered.

I prefer dangerous liberty rather than quiet servitude.—THOMAS JEFFERSON.

The Spiritual Damage of Alcohol

By CHARLES A. ELLWOOD

Professor of Sociology, Duke University, Durham, North Carolina

THE WAR DEPARTMENT and the Secretary of War opposed the attachment of an amendment to the Teen-Age Draft Bill to forbid the sale of alcoholic beverages within our military training camps and in their immediate environment because it would be "fatal to morale." The purpose of the proponents of the amendment was undoubtedly to help the morale of teen-age boys in these camps, just as parents might demand that the sale of intoxicants be forbidden within the immediate vicinity of first-class private schools for young boys. The argument that such prohibition would be "fatal to morale" seems to have defeated the amendment; and, therefore, to deserve the thoughtful examination of all Christians.

The opposition to this very reasonable restriction upon the sale of intoxicants to teen-age boys seems to have been based upon three assumptions: (1) Teen-age boys are as capable of self-control in the use of alcoholic beverages as mature men, say of twenty-five years; (2) The religious and moral teachings of the church regarding alcoholic beverages is fanatical; (3) The moderate use of alcoholic beverages is not dangerous to the morale of our armed forces.

Let us examine these assumptions, beginning with the last, in the light of established scientific facts. A generation ago a leading British physician said, "Alcohol is essentially a brain and nerve poison." Scientific men today would probably prefer to say, "Alcohol is essentially a brain and nerve depressant—that is, a narcotic." As the great psychologist, William James, said, "The reason for craving alcohol is that it is an-

From *The Baptist Training Union Magazine*, May, 1943: used by permission.

esthetic, even in moderate quantities. It obliterates a part of the field of consciousness." In other words, it is a nerve deadening and thought deadening narcotic, useful in some cases for medical purposes, but hardly useful to bolster morale. As another authority has said, "The drinking man loses poise and dignity because values and the ability to see himself in perspective are lost. Automatisms and impulses replace critical intelligence." This does not seem to me very much like morale.

As to teen-age boys, they vary greatly in their degree of maturity. Many boys of eighteen are not older, physically or mentally, than some boys of fourteen. It is usually estimated that about one-third of the boys of eighteen and nineteen are still not capable of self-control and good judgment. Most teachers know this and demand a protective environment for our youth. It is also a scientific fact that all of our higher culture is learned, and learned with considerable difficulty. Youth has not the judgment to make wise decisions regarding temptations. It is also true that youth is venturesome and tends to go to extremes, not only in wartime activities but in peacetime conduct. Not to protect and supervise youth is the surest way to let down morale in our whole civilization. Morale cannot be built up without discipline, and a part of the building process is to provide youth with a controlled environment. The logic of this argument is, of course, that society should provide a controlled environment for all developing individuals.

The common accusation that the religious and moral teaching of the church regarding the use of alcoholic beverages is fanatical and without a scientific foundation, is itself without scientific foundation. Careful scientific consideration of the difficulties of maintaining high standards of conduct lead to the judgment that church leaders are nearer a correct position in this matter than other classes. To put it bluntly, neither military authorities nor medical doctors are competent to see the spiritual damage done by alcohol. They look too much at its bodily effects; but a greater effect is upon the higher mental processes. It deadens, as all experiments have shown, these higher processes. But a man in the armed forces is called upon to do and give his best. If we have any other morale than this, it is surely spurious. Alcoholic beverages

WHEN THE STRENGTH of wine has become too great and has gained control over the mind, every lurking evil comes forth from its hiding place.—
SENECA.

will not help develop the morale which leads a man to do and give his best. There surely should be some way of keeping at least the younger men in our armed forces from the use of alcoholic beverages.

It is beyond the understanding of some church people why the army and the navy do not adopt for their recruits the régime which has been so successful in training athletes. No competent coach training a bunch of men for victory on the football field thinks of letting them have even a taste of alcoholic beverages while they are in such training. The contest ahead of our military trainees is much more difficult than any football contest and requires a correspondingly rigorous, if not more rigorous, training. Here common sense, as well as science, would say to keep away nerve and thought depressants from those who are about to enter such a contest.

What has just been said about the morale of those who are trained in our military camps being seriously in danger by the sale and use of alcoholic beverages, is of course true in a lesser degree of the morale of our whole society. Successful football coaches have told me repeatedly that the biggest factor in securing a football victory is morale. Perhaps their wisdom applies not only to the military training, but to our whole people, in peacetime as well as wartime. We are always confronted with dangers, as the last twenty-five years in our life as a nation has shown; and the greatest of these dangers are not in the enemies outside the nation but in the low values, low standards, and demoralizing habits of life within the nation. Chief among the demoralizers of the spiritual morale of our people is the custom of drinking alcoholic beverages.

Error of opinion may be tolerated where reason is free to combat it.
—THOMAS JEFFERSON.

Individual Isolation or Social Responsibility: Which?

By ARTHUR H. MAYNARD

A MYSTERIOUS VOICE comes out of the radio. In tones of suspense and approaching disaster, it speaks "The hour is later than we think." That has been a characteristic of our American life. We never become concerned about a serious situation until disaster is at hand. We condemn Nero for fiddling while Rome burned, but Americans fiddled away on an old tune of isolationism while our world was plunging on to destruction. We came out of the spell too late.

But we have been isolationists, not only as a nation, but also as individuals. In response to the age-old question, "Am I my brother's keeper?" we have answered "No." We have been so concerned with selfish pleasures that we have neglected our civic, social, and religious responsibilities.

One of the favorite arguments against effective control of the liquor trade is that such control invades the field of personal liberty. That is the voice which encourages us to go on fiddling while Rome burns. Alcoholic beverages are narcotics. They make people who use them forget themselves and their trouble. They make them *think* that they are getting a good time out of life by dulling their critical faculties. The use of alcohol primarily is an escape mechanism for those who are baffled or bored by life.

If it were only this, we could forget about it, but with the lowering of his critical powers, a man becomes a menace to

Arthur H. Maynard is a keen young minister of Washburn, Wis., a graduate of Cornell College and Boston University. He represents the new thinking on alcohol problems that is growing up among many younger men and women.

society. He is no longer as critical of himself as he was when not drinking; he does things that his own better judgment normally would keep him from doing. *These acts usually affect someone else.* They often violate the laws and customs of society. This fact makes the use of alcohol as a beverage a social question, rather than a matter of personal liberty.

Added to this is the fact that it is detrimental to health and habit-forming in character. These facts combine to make it one of society's worst enemies.

But we cannot handle this question simply by legislation or education. These are important approaches, but they are not adequate, alone or together. We will solve the problem only when we *approach it as a question of social responsibility.*

People in general do not feel responsible for what their drinking may do to someone else. We are too selfish in our thinking and in our acting to consider what our acts mean to others. Rather than face honestly the problems that life brings, we prefer to take refuge in drugging our minds so that we can forget them. That this is true may be seen in the great increase in drinking that has accompanied the war. Faced with a vast multitude of problems, a conflict between duties to family and duties to nation, crowded living conditions and strange communities, the tendency is to drown our cares rather than solve them. But we do not drown the problem, we drown our critical faculties and create new problems to be solved.

Many who do not drink themselves are just as socially responsible as those who do. Some of us daily cast a strong economic vote in favor of liquor by patronizing stores that handle liquor. We give our stamp of approval to the business if we spend our money at these stores.

Another way in which the person who is personally "dry" may be responsible for the problem socially is by failing to do anything to solve those conditions that encourage drinking. If we help to improve housing, provide adequate, wholesome recreation, learn to live together at peace in our world, we will have gone a long way toward solving the liquor problem.

Even more important is it to develop a society that will see to it that every individual has an adequate philosophy of life so that he is able to handle the burdens that life brings to him

rather than to run away from them.

The lack of social responsibility on the part of the liquor dealers is too well known to need comment. The favoritism which they are receiving, in this country and in Canada, in the face of wartime shortages of materials, transportation and labor, is only the latest evidence that they look out only for themselves. Tavern operators consider their social duty fulfilled if they stop sale to a man when he begins to show he will soon be too drunk to navigate on foot. This means that he is at the stage where he still thinks he can drive his auto, but will end up with an accident.

A developed sense of social responsibility on the part of the general public would keep people from the use of alcohol. First, because of the social consequences of its use, and second, because the public would be so busy working with the problems which challenge society today that they would not find life boring, aimless, or crushing; they would not seek or need the use of a narcotic. Yes. It is later than we think.

A Growing Educational Project

In Canada

DURING THE LAST WEEK of March, a new project of scientific education on beverage alcohol problems was introduced into the schools of the city of Montreal, by W. D. Bayley, Director of Temperance Education of Manitoba. A series of addresses, demonstrations and discussions, reaching over 2,500 boys and girls of high-school age, brought to them scientific knowledge that the principals and teachers regarded unanimously as "the finest on the subject of temperance that had ever been given in their schools."

For years similar service has been rendered in the schools of Manitoba by Mr. Bayley. The first two years experimentally; the next five years as a part of the educational system of the government of Manitoba. The week just spent in Montreal has served as a step toward the extension of such educational effort throughout Canada.

Beverage Alcohol Problems of Today

By HARRY S. WARNER

THE QUESTIONING that arises among thoughtful people wherever the custom of finding ease and pleasure in alcoholic beverages prevails generally, is of ancient origin. Long before any definite "problem" became clear, there were indications of uncertainty regarding the particular pleasures that alcohol affords and the drunkenness, all too evident, that accompanies it. Both the desire for and the results of alcohol were vigorously noted by thinkers, philosophers and religious leaders in position to observe them objectively.

But during all the ages, as today, some one of several aspects have stood out as dominant, or representative, of the total influence of alcohol in human welfare. To different men there have been different liquor problems. As with "the men of Hindustan who went to see the elephant though all of them were blind," the point of contact first grasped, and thus understood, characterizes for most of us the meaning that we have, or care to have, of alcoholic culture.

The social drinker in his club or home of wealth, the lone addict with his bottle, the business group at the bar, the young girl taking her "first" with friends in the cocktail room, the roistering gang at the roadside inn, the momentary fellowship of the down-and-out in the "hooch joint," the reformer, the

Having condensed and published in THE INTERNATIONAL STUDENT, February, 1943, "*The Problems of Alcohol*," Lay Supplement No. 1, issued by the *Quarterly Journal of Studies on Alcohol*, the editor of the STUDENT herewith offers an outline of his own of "*The Beverage Alcohol Problems of Today*," as an addition to current study and discussion. It should be noted that the Lay Supplements have been copyrighted and that the condensation referred to was made and printed by permission.

police officer and the judge, struggling with the drunk from the too-open saloon, the grafting politician, the scientist searching for causes and processes in disordered emotions and nerve centers, the psychologist asking "Why men drink?", the average drinker seeking the line of distinction between "enough" and "too much," and the citizen paying the public costs with his tax bill, has each a 'liquor problem of his own—and a philosophy and technique for handling—or ignoring—it and parts of it. For each his own viewpoint seems to embody the main, or the whole, truth that has significance; and each of these particular problems has been proclaimed by writers and supporters as such.

Yet no one of these understandings, nor others that might be mentioned, when standing alone is sufficient to give an adequate or accurate picture of beverage alcohol and its complications in everyday life. A wider view that includes the essential truth in each—and much more—relating the whole to other aspects of health, happiness and advancement, is necessary, if the meaning of each specific problem is to be understood and permanent progress made toward solution.

Unsolved Problems

Much basic knowledge has been acquired by scientific research, practical experience and keen observation, in recent years, including a better understanding of the human needs and motives to which alcohol responds. Enough to make real progress possible is now available; but also much is yet unknown, or not clear, or in dispute. These unsolved, or partly solved, questions constitute "the kind of questions that make up the Problem of Alcohol," as the compiler of "The Problems of Alcohol" indicates, largely from the viewpoint of the physiologist with interest in the inebriate, why he is what he is, his prevention and cure. Among all these, and other phases that range yet more widely, the search for understanding and truth should go on now more persistently than ever—and more hopefully, today, than heretofore.

Among the problems that are now outstanding are the following:

(1) *Alcoholism* in the sense that it is a pathological desire for and indulgence in alcoholic intoxication, is a very great

personal and social problem. To men of modern scientific mind, it is a disease requiring specialized attention and care. As a disease it has been compared to those great scourges of health, "tuberculosis, cancer, syphilis, mental disease, and infantile paralysis" by Dr. Winfred Overholser, but without the intelligent medical attention that these are receiving. The sources of alcoholism, the conditions under which it grows and spreads, are partly known, partly unknown or unrecognized, though great progress in tracing them has been made in recent years. Treatment of the disease by medical men, psychiatrists, and other specialists is increasingly effective; it can be cured and is being cured. But the problem of preventing its occurrence has not been adequately considered. To the psychologist, the psychiatrist, the average physician, the policeman and the courts, the "alcoholics anonymous" who effectively reconstruct the personal lives of many heavy drinkers, the dominant alcohol problem continues to be the treatment and cure of the victims of excess. And that, after all, is their special job.

(2) The *traits of personality* that permit or result in excessive drinking, and the reactions of community and social surroundings to these traits, are only partially known. Who has them? Who does not? Is anyone, or are many, free from them? And if so, do such individuals remain impervious to alcohol through the conflicts and tragedies of life? Are the traits of him who easily becomes alcoholic, valuable to him in the absence of liquor? Of creative and social value if guided into constructive, instead of narcotic, forms of expression.

(3) The *starting and growth* of alcoholic desires and satisfactions that develop into alcoholism may well be compared as a public health problem, with the starting, infecting and spreading of the germs and means to infection of other great scourges that produce physical and mental illness. The origin, spread and means of prevention of typhoid, tuberculosis, diphtheria, syphilis, have been surveyed, analyzed and given much public educational attention. The control of tuberculosis is now well under way; the reduction that has taken place in the prevalence of many diseases that at one time were believed to be incurable is a miracle of modern preventive medicine. But the creating of conditions, social philosophies and popular un-

derstandings under which youth may grow to maturity—a generation may come into existence—without furnishing their historic quota of alcoholics, addicts, and ordinary drunks in super-abundant numbers, remains a severe and realistic social problem.

(4) The *prestige and tradition* of social drink, by preserving and approving the conditions under which “those who are susceptible” to alcoholic excess, are initiated into life-approvals and habits that make them ready victims, is a vital and most difficult alcohol problem. The quiet but persistent suggestion of family and group tradition, and the positive lead of “the higher-ups” can not but open the way, with high approval, to the growth of desires that, to many whose nervous make-up is not as perfect as it might be, gradually or rapidly become too strong for them. This powerful factor in the spread of narcotic desires—even habits of “excess”—is too often overlooked, too easily minimized. The cultural traditions of the past and the customs of today, that accept narcotic indulgence as socially necessary, may well be examined in the light of modern social psychology and research. The problem of social responsibility of those in positions of influence cannot be omitted from the critical problems of alcohol.

(5) The *pressure of the group*, often unconsciously exerted, is strong on immature—and many mature—lives. The desire to be like others, especially *not to be different*, to imitate, and thereby to identify one’s self with those around, or with those “above” in social standing, is a factor in creating and accentuating trends toward frequent and heavy drinking. It operates most directly on young people who have not previously experienced alcoholic sensations, upon those who are most susceptible to ill effects or lasting habits—the timid and ill-at-ease, the self-centered egotist, the “problem child” grown to where he must stand on his own feet, the self-conscious, the super-sensitive, the “inferior” in age, rank, or sophisticated understanding of “the world.” To so organize the practices and customs of social entertaining as to remove the pressure of small-group culture from initiating and deepening dangerous tendencies in the life-habits of the millions who feel “inferior”—and *who does not* at times—is a liquor problem so great as to suggest the ancient story of him who at-

tempted to sweep back the ocean waves with a broom.

(6) The *exploitation of the "kinks"* in human immaturity, susceptibility and weakness is a great problem of alcohol—the exploiting for gain of the kinks of unhappy childhood, "too much mothering, or too little," disordered nerves inherited or acquired, inner emotional conflicts, alcoholic "allergy," crises of life, thwarted desires and ambitions, the minor ills and tragedies of daily living. To uncover, to cultivate, to intensify and to gratify these *sources of urge for narcotic relief* has become, under modern advertising and propaganda, a gigantic source of profits. And it is one that tends to become permanent; one that may be increased largely in proportion to the degree of its promotion. Such commercializing of substitute, narcotic satisfactions, in place of those that nature intended and sane experience shows to be constructive to deep human need, constitutes one of the biggest of all the problems of alcoholism. No list that is realistic of the situation can overlook it.

(7) "*To Drink or Not to Drink,*" is a personal problem that each will want to decide for himself, in view of his own traits and social position. But that decision is not easy to make. To do it intelligently calls for an understanding, a degree of dependable knowledge, a freedom to act in accord with knowledge that few possess at the time the decision has to be made. Further, it requires a sincere desire to make the decision and to abide by it. For no one starts out to become a drunkard, much less an addict; few, indeed, anticipate becoming heavy drinkers. Yet all alcoholics start as moderationists; without alcohol drunkards never occur. Many drinkers, of course, continue moderate in their use for years, or through life with no more injury *to themselves* than they are ready to accept. But many also become heavy drinkers; some always in every group and every generation become tragic victims. "Shall I?" The *eternal personal* problem that alcohol presents to youth.

(8) Teach men to *drink moderately*, is a problem of educational procedure. But it is complicated by two other questions: (a) Who is to be taught? (b) What is "moderate drinking"?

As to the direction educational effort is to take is it to be among growing youth, the non-drinking groups, anyone as

yet uninitiated to the peculiar attractions of narcotic desire? If so, another question, "Why?" "What is to be gained?" *Who* is to gain." But if the teaching is to be among those now immoderate, or tending that way in their use, a very different answer would be educationally sound. This problem is one of direction.

(9) But *what is moderate use* of beverage alcohol? This is a problem to which research has not as yet given answer. The distinction between moderate and excessive use is indefinite, practically unknown, to experts; much less can it be known to him who is experiencing the feelings of successive stages of intoxicated delight. It has been found that what is moderation for one, is excess for another; that amounts that have little effect if taken with a meal, have greater effect when taken alone; that rapidity or leisure in drinking yield different results in degree; and especially that differences in personal make-up are basic factors as to the quickness or degree of intoxication. But it is also clear that one stage shades into another, that the pleasures and excitements of mild intoxication and the desire for what comes next, grow more enticing as the capacity of the drinker to discriminate, to judge what is happening, and the *desire to do so*, become confused and irresponsive to self-control. Any teaching thesis of moderation, therefore, is itself a very uncertain problem.

(10) Are *mild stages* of mental and emotional satisfaction to be regarded as satisfactory substitutions for the recreation, natural self-expression, emotional release in music and games, that they often, or in part replace in the lives of millions? Even the lives of many who themselves are free from any sort of alcoholic "allergy" or serious personal deficiency? Or are such stages chiefly illusory? Obviously, the heavy states of intoxication yield no real satisfaction: But what about the intermediate, moderate states? Problems of intense interest, calling for an answer.

(11) The question of "*normal*" or "*abnormal*" drinking: But which is which? Can the seeking of alcoholic pleasure be normal? It is popular. It has majority approval and practice in certain groups in all countries and social strata. But do these facts make it normal? What is it to be normal? This problem seems to be one of words.

(12) Do drinkers in the advanced stages of intoxication "abuse liquor"? Is its use so innocent of after-effects? Or why the suggestion of abused innocence? Or does alcohol "abuse" men when too friendly to it and off-guard? Thus its friends in self-defense seek to pass on to stupid and ignorant drinkers an odium that they half-feel attaching to themselves. But the problem of use versus abuse is fundamental—not one of propaganda.

(13) The problem of *reducing causes and sources*. "Halt the Rum Traffic," says the red scare-head of a newspaper. "Drunken Driver Cases Increase." "Alcohol is the Enemy of the Army." "Forty Bootleggers Arrested." drunks fill the police courts, the hospitals, etc. This daily run of toxic horror stories reflects a public problem as realistic, although less vivid and appealing, as the run of casualties, "dead, wounded, missing," as they come from the battlefields of Europe. One of the series occurs in war-time, the other at all times. To seek, to relieve, to reduce, to remove causes is *the long-time problem of alcohol problems*.

(14) "Pass a Law." Regulate. Control. Banish—the never-ending problem of procedure, necessary but related to particular parts of the whole program of dealing with alcohol in society. For to "banish the saloon" is something more than to change its name to "tavern." The place, the method of liquor distribution, legal or illegal, always and everywhere are difficult, often red-hot problems. With drinking customs established in social prestige and influence, the legal approach, if alone, is too simple, too subject to emotional reaction and repeal, before substantial results can be developed and demonstrated. It is a necessary but supplementary part of a more comprehensive program of procedure.

(15) *Know your limit*," and remember it when remembering counts. But to know "the danger line," in personal and group indulgence, and not to cross it, is a solution that for vast numbers implies a power of self-control and strength of personality that does not exist. As a plan of conduct this admonition is theoretical and visionary, yet a constantly recurring question.

(16) The *popular resort* to narcotic, rather than to natural means for relief, mitigation or removal of the irritations, inherited deficiencies, and the large or small ills of life, would seem to be basic among "the problems of alcohol." With other strong drugs prescription is generally regarded as a function of the doctors. But modern society, obviously, accepts and utilizes unlimited self-prescription of the narcotic alcohol, without expert advice and often in spite of it. Alcohol has the driver's seat and "sits tight."

But neither in public health or constructive politics—certainly not in modern industry and business—are "the ways of doing things" fixed indefinitely by tradition and inherited custom. On the contrary, the patterns of practice in industry, agriculture, transportation and other fields, are continuously checked with tested experience and latest research. In the age of the airplane and radio, of speed and precision, the continuous resort to narcotic pleasure, as in savage days, can hardly be avoided as a crucial problem of alcoholism.

The Comprehensive Whole

The beverage alcohol problem is not only a composite of many different problems—it is a unit within itself. Its parts may be taken separately, but they must also be taken together. The only approach—and interpretation—of it that has no place in the picture, is the one that claims to be *the only one*; the plan for solution that claims to be "it" may be too narrow to make any constructive contribution. The psychiatrist who treats the addict, the psychologist who seeks motives, the ex-drinker who befriends the drunkards, the teacher of moderation to the immoderate, the experimenter in his laboratory, the teacher in school and college, the leader of public opinion, the abstainer, the temperance worker, the religious leader, the public official struggling with the difficulties of control and distribution, legal or illegal, the promoter of "dry" territory, the convinced prohibitionist, the doctor, the minister—all who *realistically reach* one or many of the sources of alcoholic injury, may have a real share in any program of improvement that is wide enough to comprehend the whole job to be done.

It is the beverage alcohol problem as a whole, the "Why"

of human resort to narcotic "satisfaction," that needs attention and study, each part for what it is worth, but all brought into a united whole. Much is yet lacking in our knowledge, but enough is known to give an understanding that is vastly more real than that of the romantic past, or of any one recent experimental approach. The knowledge available for effective service is enough "to furnish a basis for dealing intelligently with the problem as a whole."

This *basic knowledge*, now well established and available, includes: That the wide use of alcohol for beverage purposes leads to serious—often tragic—personal and social disturbances; that these difficulties are not peculiar to any one people, class or nationality, but prevail wherever alcoholic pleasure is freely accepted; that the use of alcohol is intimately and variously related to other health and social problems; that the chief influence and the attractiveness of alcohol come from its effects on the functioning of the brain and nervous system; that its appeal is largely psychological, its effects on the emotions; that it is a sedative and narcotic, with depressing, rather than stimulating action; that many people find great pleasure, release, escape—or all of these—in the intoxication that it yields; that drunkenness is a serious reality, persistent in the individual and in the history of the race; that many in their use tend constantly toward excess; that "excess" is an outstanding fact with unfortunate results among vast numbers of those who use alcohol frequently; that to care for, cure, or control the consequences of liquor culture constitutes a huge public as well as private burden; and much, much more of which these statements are but suggestive examples.

The INTERNATIONAL STUDENT, made available to us through your kindness, has been used as supplementary material in courses in General Science, Biology, and Physiology, and in most cases in Civics as a means of calling the attention of students to the important problem of temperance. . . . We hope to continue the use of this fine material as long as it is within your power to make it available.—SHERMAN CORYELL, Principal, South High School, Chairman of G. R. Principals, Grand Rapids, Mich.

Yale University School of Alcohol Studies

Summer Session 1943

THE LABORATORY of Applied Physiology of Yale University, long engaged in research on the effects of alcohol, is extending its activities through the creation of a School of Alcohol Studies. This new division will supplement the physiological researches of the Laboratory with those on the legal, social, statistical and educational aspects of the alcohol problems. In order to render the findings of scientific research available for application to the actual problems of alcohol in the community, the School of Alcohol Studies will conduct an annual summer session in alcohol education designed for the needs of those engaged in activities in which thorough knowledge of the facts about alcohol problems will be of particular usefulness. The details of the courses offered and the type of students sought are outlined further below.

To maintain the academic freedom which is essential in all University activities, the School has not sought sponsorship of any organization outside of the University. To facilitate the educational program of the summer sessions, however, it has obtained the coöperation of religious and educational bodies. The Federal Council of Churches of Christ in America, through its Commission on Religion and Health, has consented to interpret the School to the churches and religious organizations, and to aid in the selection of students for fellowship grants and in the suggestion of lecturers on subjects related to religion. The National Education Association of the United States has agreed to facilitate the selection of teachers and school administrators to be considered for fellowships.

Purpose and Scope of the Summer Sessions

The prevention of inebriety through civic activities is seriously hampered by the lack of a sufficiently large number of persons who have a broad and scientific understanding of the problems of alcohol and who could qualify as leaders in their communities. Education of such leaders seems to be essential in preparing the way for the prevention of inebriety. The aim of the School is to give a thorough grounding in all the problems of alcohol—not merely the teaching of the physiologic effects of alcohol. While the latter subject will receive due attention, emphasis will be placed on the social factors which foster inebriety and on the social factors which may be utilized in its prevention. The rôle which church and religion can assume in the prevention and treatment of inebriety and in shaping the attitudes of society toward the problems of alcohol will be a prominent feature of the courses of study. The curriculum is intended to give to teachers, school administrators, ministers, welfare workers and others who may attend, an understanding of these problems which will qualify them to speak authoritatively in public and to be a source of guidance in their communities. In order that the alumni shall be kept informed on future developments, and to maintain their continued interest in the subject, the School will publish, from time to time, pamphlets on progress in the knowledge about alcohol problems, as well as current statistical material. These will be supplied to the alumni.

Curriculum

The scope of the School is best characterized by the curriculum outlined below. It will be seen that great emphasis is placed on instruction relating to measures of prevention of inebriety.

Eight main courses of study will serve as a framework within which several lecturers will teach on various subdivisions of each course. The summer sessions will include a total of 102 hours of lectures and 62 hours of seminar studies.

I. INTRODUCTORY COURSE

- (a) The basic concepts of the alcohol question.
- (b) Alcohol and culture.
- (c) National attitudes; uses of alcoholic beverages through the ages.

- (d) The drinking mores of social classes.
- (e) The manufacture and nature of alcoholic beverages.

II. PHYSIOLOGICAL ASPECTS

- (a) Metabolism of alcohol. (Laboratory demonstrations.)
- (b) Effect on physiological functions; alcohol as a medicine.
- (c) Psychological functions on the physiological level.
- (d) Alcohol and nutrition.
- (e) Chronic alcoholism.

III. ALCOHOL AND TRAFFIC

- (a) Psychological aspects.
- (b) Determination of alcohol in body tissues and fluids.
- (c) The significance of blood alcohol concentration. (Laboratory demonstrations.)
- (d) Legal aspects.
- (e) Statistical aspects.

IV. PERSONALITY, CONSTITUTION AND ALCOHOL

- (a) Dynamics of personality.
- (b) Personality types; alcoholic mental disorders.
- (c) Treatment of alcohol addiction.
- (d) Alcohol, aggression, suicide and crime.
- (e) The religious make-up of the chronic alcoholic.
- (f) Intelligence and education of chronic alcoholics.
- (g) The heredity of the inebriate.
- (h) The feeble-minded drinker.

V. STATISTICS OF THE ALCOHOL PROBLEM

- (a) Vital statistics, their nature and limitations.
- (b) Sources.
- (c) Statistics of consumption, and relation of consumption to control measures.
- (d) Alcoholic mortality and morbidity statistics.
- (e) Statistical evidence of suicide and crime among alcoholics.
- (f) Statistical evidence of effects of alcohol on poverty, family, industry and other aspects of the community.
- (g) Statistics of alcoholic mental diseases.
- (h) Estimates of the incidence of inebriety.

VI. SOCIAL MEASURES IN THE PREVENTION OF INEBRIETY

- (a) History of temperance movements.
- (b) Strategy of the church.
- (c) Education as a measure of prevention.
- (d) Relation of social factors to prevention.
- (e) Alcohol and public opinion.
- (f) The public care of inebriates.

VII. LEGISLATIVE CONTROL OF THE ALCOHOLIC BEVERAGE TRADE

- (a) Federal legislation
 - Revenue measures
 - Prohibition
 - Post-repeal control measures.

- (b) State liquor control
 - State monopoly
 - Licensing systems
 - Other control measures.
- (c) Foreign control legislation.

VIII. RELIGION AND THE PREVENTION AND TREATMENT OF ALCOHOLISM

- (a) Religion and health.
- (b) Alcohol, youth and delinquency.
- (c) The pastoral counseling of alcoholics.
- (d) The minister, the community and the alcohol problem.
- (e) The handling of alcoholics by religious organizations.
- (f) The religious idea in Alcoholics Anonymous.
- (g) Résumé.

SEMINARS

- I. General discussion on all questions which may arise in the courses.
- II. Preparation of popular talks and literature on alcohol problems.
- III. Devising of surveys of inebriety.

The Seminars will be conducted by members of the faculty.

PUBLIC LECTURES

Three lectures open to the public will be given:

- I. Alcoholism as a public health problem. LAWRENCE KOLB, M.D.
- II. Alcoholism as a biological problem. HOWARD W. HAGGARD, M.D.
- III. Penal system versus medical care of alcoholics. AUSTIN H. MAC-CORMICK, ScD.

The courses are contemplated largely for school teachers and administrators, ministers and religious workers of all denominations, welfare workers, probation officers, and others engaged in activities in which a knowledge of the problems of alcohol would be of advantage. All persons in the above broad categories will be considered as qualified. Others seeking admission will be required to have a college education or equivalent experience. Applications for admission will be passed upon by a committee of the faculty.

The tuition for the full course is \$100. Registration fee of \$10 is additional. Students for part courses will not be accepted.

Registration, July 6 and 7; sessions will begin July 8 and continue through August 16. Classes and laboratory demonstrations will be held at the Yale Divinity School and at the Laboratory of Applied Physiology.

All communications should be addressed to E. M. Jellinek, Director, School of Alcohol Studies, Yale University, New Haven, Conn.

The Cult of Narcotic Culture

In Daily Life

*Seek the Truth
Come Whence It May
Lead Where It Will.*

During the Duration

IMPORTANT ORGANS of the alcoholic beverage business are frankly and frantically appealing to the industry to lay low for the duration. They know that the American people won't stand for a competitive, blantant and commercially aggressive liquor trade during the war and they are urgently pleading with each other to take their four-color allurements out of the magazines, dismantle their gaudy displays and go 'way back and sit down lest they get in the way of those who are fighting the war.—*Christ. Sci. Monitor*, Boston, Jan. 2, '43.

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Overlooked Soviet Factor

For years previous to the war, the Soviets followed a policy of relieving alcoholism as an illness, by education and the raising of cultural standards. A visitor to the Soviet Union in 1933, reported that he found "a great and completely organized anti-liquor movement; an equivalent of local option; no liquor sold in the vicinity of barracks of soldiers or sailors or of labor exchanges. Sale was forbidden on pay days, as were advertisements of liquor in the press, on the streets, at railway stations and other public places. There was anti-liquor teaching in primary and secondary schools, in training schools for teachers, and anti-alcohol propaganda in theater and cinema productions."

Leaning Backward

"I believe it an act of sabotage to sell even 3.2 per cent beer to war workers on their way to their jobs. Liquor dealers should lean backward to keep from doing anything that would hamper the war effort. . . . People are not patient at this time. Some have sons killed in action, missing or prisoners.—*Columbus Sunday Dispatch*, 9-13-42.

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No Mixing Here

It is commonly agreed that "alcohol and gasoline don't mix." Scientific authorities agree that alcohol and mind don't mix. Religious and ethical authorities agree that alcohol and character don't mix.—The *Westminsterite*, Student Center, Boston, Mass., Mch., '43.

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The Cult and Boys

Alcoholic liquor . . . is responsible for 20 per cent to 30 per cent of all the cases which come into Boys' Court. Under its influence, boys will commit almost any crime and then steal to buy more liquor.—JUDGE BRAUDE, Chicago, *Atlantic Monthly*, May, '40.

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Permanent Solution

The only time some men or women feel able to meet the world bravely is after their troubles have been dulled by the narcotic influence of alcoholic drink. Liquor has a way of drowning timidity and loosening a halting tongue so that an ordinarily bashful individual thinks he has become the life of the party. The fact that happiness based on a state of intoxication is artificial and aggravates the very condition which the drinker is seeking to avoid, does not relieve the situation. It merely serves to underscore the truth that a permanent solution to the alcohol problem must take account of psychological and psychopathic issues along with the well known moral and social questions. . . . Only a true religious experience can do what is needed to transform the alcohol craver into one who no longer desires to compensate for some defect of personality by taking to strong drink.—Editorial, J. GORDON HOWARD, *Otterbein Teacher*.

INDEX OF THE INTERNATIONAL STUDENT

Vol. XL (October, 1942 - May, 1943)

	PAGE
Adam, Dr. George—Christian Alternative to Liquor Release	34
After Peace Comes— <i>Brewers' Journal</i>	49
Alcohol Education—Dr. J. D. Rolleston	62
Alcohol, Heredity, and Germ Damage— <i>Jour. of Studies on Alcohol</i>	55
<i>Alcohol Investigat'n Com. of Gt. Britain</i> —Alcohol Successively Weakens	46
<i>Alcohol: Its Action on the Human Organism</i> —A Different Person	83
Alcohol's Affinity for Nervous Tissues—Dr. Geo. W. Gray	115
Alcohol Successively Weakens— <i>Alcohol Investigat'n Com. of Gt. Britain</i>	46
Alcoholic Desire in Daily Life	49, 81, 125, 153
Alexander, Dr. Leo—Habit-Forming Drugs	150
America Drinks Milk Again	86
America's Liquor Bill—Elsie G. Rodgers	79
American Business Men's Research Found.—Examines Film Scenes	88
<i>American Medical Assn., Jour. of</i> —Blood Test	53
Appeal Deeper Than Intellectual Assent—Carroll P. Lahman	164
Basic Facts Regarding Beverage Alcohol—Dr. Haven Emerson	35
Beating Dictators at the Source—Dean Wm. H. Powers	141
Bertholf, Dean Lloyd M.—Material and Organization	137
Beverage Alcohol Problems of Today—Harry S. Warner	175
Blood Test— <i>Jour. of Am. Medical Assn.</i>	53
<i>British Jour. of Inebriety</i> —France Self-Warned	63
Bryan, Pres. Wm. Lowe—The Power of Fashion	41
Canada Restricts Use of Liquor as War Measure	105
Cocktail, The— <i>The Farmer</i>	51
"Cocktail Saboteur"—Don F. Stiver, Natl. Safety Council	48
Changing Educational Approach—Harry S. Warner	130
Children of Alcoholics— <i>Jour. of Studies on Alcohol</i>	42
Christian Alternative to Liquor Release—Dr. George Adam	34
Choice Under Pressure—Prof. Howard E. Hamlin	147
Choose Your "Kind of Life"—Dr. Gerald Kennedy	140
Church School Teaching on Alcohol—Dr. Park Hays Miller	149
Churchill, Hon. Winston—Every Trade in the Country Will Benefit	48
College and Beverage Alcohol, The—Pres. W. W. Peters	165
Constructive Program, A—Jr. Clubs Com. of Gen. Fed. of Women's Clubs	87
Correlating the Stages of Drink—Albion Roy King	38
Criminality—Dr. Geneva Gray and Dr. Merrill Moore	52
Cult of Narcotic Culture in Daily Life	153
Cutten, Dr. George B.—Discontinuance of Alcohol as a Beverage	42
Fashion of Social Drink	77
Replace Propaganda with Facts	134
We Are At War!	21
Davenport, Walter—Under Any Form of Control	155
Delinquency—Four "D's" of Delinquency	54
Juvenile Delinquency in England	78
Dependability—Dr. Ray Lyman Wilbur	25
Depressing Brain Functions from Above Downward	37
Develop Social Responsibility—Prof. Chas. A. Ellwood	131
Different Person, A— <i>Alcohol: Its Action on the Human Organism</i>	83
Discontinuance of Alcohol as a Beverage—Dr. George B. Cutten	42
Doudna, E. G.—Why Liquor Discussion	39
Drink Atmosphere in Childhood—Harry S. Warner	66
Educate Before Habits Are Established—Prof. Edward A. Ross	136
Educate Faculty Members—Franklin I. Scheeder	165
Education Included in War-Time Program on Beverage Alcohol— Federal Council of Churches	151
Education and Alcohol—Dean Frederick D. Kershner	167
Ellwood, Prof. Charles A.—Develop Social Responsibility	131
Emerson, Dr. Haven—Basic Facts Regarding Beverage Alcohol	35
Implement Knowledge with Motive	135
Facing Post-War Problems with New Edu. Activities—Harry S. Warner	131

Fashion of Social Drink—Dr. George B. Cutten	77
Feature Social Attitudes—Dean Raymond E. Manchester	132
Federal Council of Churches—Edu. in War-Time Pgm. on Bev. Alcohol	151
Five Years of Health and Narcotics Education—Prof Howard E. Hamlin	99
Fleming, Robert, M.D.—True Addiction	102
Foundation Examines Film Drink Scenes—Am. Bus. Mens' Res. Found.	88
France Self-Warned— <i>Brit. Jour. of Inebriety</i>	63
Free the Average Man for the Coming New Epoch—Prof. Cecil C. North	164
Gray, Dr. Geneva, and Dr. Merrill Moore—Criminality	52
Gray, Dr. George W.—Alcohol's Affinity for Nervous Tissue	115
Grenfell, Sir Willfred Alcohol	62
Habit-Forming Drugs.—Drs. Alexander, Moore, and Myerson	150
Haggard, Dr. Howard W.—Knowledge Sufficient for Solution	85
Hamlin, Prof. Howard E.—Choice Under Pressure	147
Five Years of Health and Narcotics Education	99
Hart, Dr. John Robbins—Meet the Artificial with the Natural	139
Implement Knowledge with Motive—Dr. Haven Emerson	135
Inaugurate College Research—Prof. Raymond E. Mendenhall	167
Individual Isolation or Social Responsibility: Which?— Arthur H. Maynard	172
Injurious Effects of Narcotics on Progeny—Dr. Anthony Zeleny	109
Ivy, Dr. Andrew C.—Scientific Facts Clearly Presented Have an Emo- tional Appeal	163
Japan Responsible for Korean Intemperance	86
Jellinek, Dr. E. M.—Knowledge Sufficient for Solution	85
<i>Jour. of Studies on Alcohol</i> —Alcohol, Heredity and Germ Damage	55
Problems of Drinking, Excessive and Moderate	117
Kelsey, Prof. Hugh A.—Pour Out Scientific Facts with Heat in Them	167
Kennedy, Dr. Gerald—Choose Your "Kind of Life"	140
Kershner, Dean Frederick D.—Education and Alcohol	167
King, Dean Albion Roy—Correlating the Stages of Drink	38
Meaning of Alcohol as a Psychological Drug	135
Knowledge Sufficient for Solution—Dr. Howard W. Haggard and Dr. E. M. Jellinek	85
Lahman, Carroll P.—Appeal Deeper Than Intellectual Assent	164
Latolette, Kenneth Scott—New World Order	152
Lindley, Laura—Milk Bottle Fights for Health	19
Liquor Problems of After-War Situation: Syllabus for Advance Study ..	11
Little, Rev. George—Social Custom Becomes Constructive	85
Manchester, Dean Raymond E.—Feature Social Attitudes	122
Manitoba Appoints Director of Temperance Education	107
Material and Organization—Dean Lloyd M. Bertholf	137
Maynard, Arthur H.—Individual Isolation or Social Responsibility: Which?	172
McConn, Pres. William F.—A Place in the Curriculum	138
Meaning of Alcohol as a Psychological Drug—Dean Albion Roy King ..	135
Meet the Artificial with the Natural—Dr. John Robbins Hart	139
Mendenhall, Prof. Raymond E.—Inaugurate College Research	167
Milk Bottle Fights for Health, The—Laura Lindley	19
Miller, Dr. Park Hays—Church School Teaching on Alcohol	149
Moderation—Fred M. Perrell	116
Moore, Dr. Merrill—Criminality	52
Habit-Forming Drugs	150
Myers, Rose Mae—A Student's Opinion	6
Myerson, Dr. Abraham—Habit-Forming Drugs	150
New World Order—Kenneth Scott Latolette	152
Nilsson, Gunnar—Why Abstinence?	29
North, Prof. Cecil C.—Free Average Man for Coming New Epoch	164
Nothing Is Gained by the Use of Alcohol—Dr. George A. Skinner	7
Parent-Teachers Congress, National—Resolution	156
Passing on to Their Children—Dr. Ray Lyman Wilbur	154
Perrell, Fred M.—Moderation	116
Peters, Pres. W. W.—College and Beverage Alcohol, The	165
Physician Says, The—Dr. Paul S. Rhoads	103

	PAGE
Place in the Curriculum, A—Pres. William F. McConn	138
Plan a Post-War Educational Program—Prof. A. B. Potorf	166
Popular Errors—Dr. J. D. Rolleston	54
Porter, David R.—Quit Drifting; Plan	137
Porter, Judge Harry H.—When Is a Man intoxicated?	73
Potorf, Prof. A. B.—Plan a Post-War Educational Program	166
Post-War Program, A—Dr. Gould Wickey	133
Pour Out Scientific Facts—Pres. Hugh A. Kelsey	167
Power of Fashion, The—Pres. William Lowe Bryan	41
Powers, Dean William H.—Beating Dictators at the Source	141
Preparing for Post-War Activities	67
Preparing Teachers and Leaders for New Educational Service— (Report of Intercollegiate Assn.)	3
Problem of Drinking, Excessive and Moderate— <i>Jour. of Studies on Alc.</i>	117
Prostitution— <i>Brit. Jour. of Inebriety</i>	53
Psychological Cause Behind the Use, The—Prof. John A. Thackston	168
Quit Drifting; Plan—David R. Porter	137
Replace Propaganda with Facts—Dr. George B. Cutten	134
Resser, Charles E.—A Scientist Asks a Scientific Approach	101
Rhoads, Dr. Paul S.—The Physician Says	103
Rodgers, Elsie G.—America's 1942 Liquor Bill	79
Rolleston, Dr. J. D.—Alcohol Education	62
Popular Errors	54
Rosenau, Dr. Milton—Venereal Disease	86
Ross, Prof. Edward A.—Educate Before Habits Are Established	136
Scientific Facts Clearly Presented Have Emotional Appeal— Dr. Andrew C. Ivy	163
Scientist Asks a Scientific Approach—Charles E. Resser	101
Seeking a Balance Sheet of Social Values—Fred D. L. Squires	89
Seek the Truth—Harry S. Warner	43
Shaw, George Bernard—Chloroform of the Working Classes	51
Sheeder, Franklin I.—Educate Faculty Members	165
Skinner, Dr. George A.—Nothing Gained by Use of Alcohol	7
Social Custom Becomes Constructive—Rev. George Little	85
Sociological View of Beverage Alcohol—Prof Arthur J. Todd	69
Spiritual Damage of Alcohol—Prof. Charles A. Ellwood	169
Squires, Fred D. L.—Seeking a Balance Sheet of Social Values	89
Stiver, Don F.—Cocktail Saboteur	48
Student's Opinion, A—Rose Mae Myers	6
Sutton, Harvey, M.D.—Wartime Liquor in Australia	17
Sweden: Students Lift Movement to Higher Levels	47
Student Answers "Why Abstinence?"	29
Syllabus for Advance Study: Liquor Problems of After-War Situation	11
Thackston, Prof. John A.—Psychological Cause Behind the Use	168
Todd, Prof. Arthur J.—Sociological View of Beverage Alcohol	69
True Addiction—Robert Fleming, M.D.	102
Under Any Form of Control—Walter Davenport	155
Venereal Diseases—Dr. Milton Rosenau	86
Warner, Harry S.—Beverage Alcohol Problems of Today	175
Changing Educational Approach	130
Drink Atmosphere in Childhood	66
Facing Post-War Liquor Problems	131
Seek the Truth	43
Wartime Liquor in Australia—Dr. Harvey Sutton	17
We Are At War!—Dr. George B. Cutten	21
When Is a Man Intoxicated?—Judge Harry H. Porter	73
Why Abstinence—Gunnar Nilsson	29
Why Liquor Discussion—E. G. Doudna	39
Wickey, Dr. Gould—A Post-War Program	133
Wilbur, Dr. Ray Lyman—Dependability	25
Passing on to Their Children	154
Wishart, Pres. Charles F.—Young People Should Lead	134
Young People Should Lead—Pres. Charles F. Wishart	134
Zeleny, Dr. Anthony—Injurious Effects of Narcotics on Progeny	109

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THE
INTERNATIONAL

STUDENT

OF LIQUOR IN LIFE TODAY



IN THIS NUMBER---

*Yale School of Alcohol
Studies*

*Student Impressions
of Yale*

*Colleges and a New
Approach*

*Youth Leader Defines
Problem*

*Teaching Scientific
Information*

Stages of Alcoholic Effect

*New City-County
Education*

Vogue of Social Drink

Cult of Narcotic Culture

Spread of Alcoholism



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HARRY S. WARNER, *Editor*



A MID-SESSION VIEW
OF THE YALE SCHOOL OF ALCOHOL STUDIES, THE DIVINITY SCHOOL
CHAPEL IN THE BACKGROUND

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Yale School of Alcohol Studies

Takes University Leadership

ORGANIZED to bring out for educational service, the developments of modern scientific research and study as to beverage alcohol and its influence in personal and social living, the Yale University School of Alcohol Studies, this past summer, is the first instance of such public service on the problem by a great university, in this country or any other. This gives to Yale a place of constructive leadership in a new and renewed scientific approach to alcohol problems that seems now to have begun in the educational field in the United States and Canada.

This new summer course at Yale, a course of graduate rank, was intended for and attended by college and high school educators, educational temperance workers, managers of liquor control boards, public safety and health experts, young social workers, ministers—Protestant and Catholic—Jewish welfare workers, psychiatrists, public safety and prison officials, editors of temperance and church publications, local, state and national temperance leaders, representatives of liquor agencies and others interested—pro and con—in the problems created by beverage alcohol. As a school it was strictly educational, objective and scientific in the study, discussion and research offered on many, if not most of the major aspects—controversial or generally accepted—of the liquor problem of today, and its growth through past history.

Covering nearly six weeks, July 6–August 12, the School of Alcohol Studies, of which Dr. E. M. Jellinek was Director, was originated in the Yale Laboratory of Applied Physiology, of which Dr. Howard W. Haggard, Professor of Applied Physiology, is Director, and Dr. E. M. Jellinek is Associate Professor. The faculty, including Yale, Columbia and New

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York University professors and research men, high experts from public health, hospital, prison, and religious agencies specializing in alcoholism and its relief, and government safety agencies having to do with the private and public burdens of matured or chronic drinking in everyday life, was as follows:

Wide Field Covered

"Science and the Alcohol Problem," Dr. E. M. Jellinek, Yale; "An Anthropological View of Alcohol," Dr. Donald Horton, Anthropology, Yale; "Alcoholism as a Public Health Problem," Dr. Lawrence Kolb, U. S. Department of Public Health, Washington; "The Alcohol Problem: Formulations and Attitudes," Dr. Jellinek; "The Drinking Mores of Social Classes," Dr. John Dollard, Social Anthropology, Yale; "The Manufacture and Nature of Alcoholic Beverages" and "The Metabolism of Alcohol," Dr. Howard W. Haggard, Laboratory of Applied Physiology, Yale; "The Effects of Alcohol; Evidences of Physiological Experiments," Dr. Haggard; "The Evidences of Psychological Experiments," Dr. Jellinek; "Alcohol and Nutrition" and "The Diseases of Chronic Alcoholism," Dr. Norman Jolliff, College of Medicine, New York University; "Alcohol as a Cause of Traffic Accidents" and "Legal Aspects of the Traffic Accident Problem," Donald Berry, National Safety Council, Chicago; "Determination of Alcohol in Body Tissues and Fluids" and "The Significance of Blood Alcohol Concentration," Dr. Leon A. Greenberg, Applied Physiology, Yale; "Dynamics of Personality," Dr. Andras Angyal, Director of Research, State Hospital, Worcester, Mass.; "The Religious Make-up of the Alcoholic" and "Religion and Health," Rev. Seward Hiltner, Commission on Health, Federal Council of Churches, New York; "Alcohol and Mental Disorders," Dr. I. H. MacKinnon, College of Physicians and Surgeons, Columbia; "Alcohol Aggression, Suicide and Crime," Dr. Ralph Banay, N. Y. University College of Medicine; "Intelligence and Educational Status of Inebriates," Dr. Anna Roe, Psychological Section, N. Y. Academy of Sciences; "Alcoholic Addiction" and "Approach and Rehabilitation of the Addict," Dr. Harry N. Tiebout, Blythewood Sanitarium, Greenwich, Conn.; "Heredity of Inebriety," Dr. Jellinek; "Vital Statistics; their Nature and Limitations,"

Halbert L. Dunn, Director of Vital Statistics, U. S. Bureau of the Census, Washington; "Alcoholic Consumption Statistics" and "Alcoholic Mortality, Suicide and Morbidity Statistics," Dr. Jellinek; "Statistics of Alcohol Mental Disorders," Dr. Benjamin Malzberg, Statistician, Dept. of Mental Health, Albany; "History of the Temperance Movement," Dr. Edward B. Dunford, Attorney, Washington; "The Educational Approach to the Alcohol Problem," Dr. Haven Emerson, Columbia University, N. Y.; "Federal Legislative Measures" and "State Legislation for Control of the Alcohol Trade," Grant Nickerson, Attorney, New Haven; "Alcohol and Public Opinion" and "The Public Cure of Inebriates," Dwight Anderson, Public Relations, Medical Society of the State of N. Y.; "Penal System versus Medical Care of Inebriates," Dr. Austin H. MacCormick, Director, Osborne Association, N. Y.; "Alcohol, Youth and Delinquency," Rev. Francis McPeck, Social Service, Council of Churches, Washington; "Pastoral Counseling of Inebriates," Rev. Otis Rice, Religious Director, St. Luke's Hospital, N. Y.; "The Experience of the Salvation Army," J. Stanley Sheppard, Director, Prison Bureau, Salvation Army, N. Y.; "Our Strange Malady: Alcoholics Anonymous and their Service," William ("Bill") Wilson, Founder and Director, New York; and "The Feeble-minded Drinker," Dr. Neil A. Dayton, Superintendent, State Training School and Hospital, Mansfield, Conn.

Continuous Discussion

Every lecture by an expert was followed by a seminar, in which members of the school shared fully and freely, often adding much information from omitted sources and viewpoints, as well as much discussion. Source material and opinions were presented—often for long periods—and with no limitation, except as to reasonable time. Thus, the school as a whole became an enlarged seminar in which a great variety of views, and the supporting facts of those views, of the beverage alcohol problem as a whole, received constant attention.

In addition, special seminars were organized by the students and held independently, with full approval of the director. Among these were three by a Committee on Education, two by a Committee on Community Resources for Community Im-

provement, and three by a Committee of Pastors. Several main sessions were given to seminar expression by the members of the school, such as statements by fifteen of widely divergent views, the opening day, as their conception of what constitutes the problem today, and one toward the end of the course on "Popularizing Scientific Knowledge of Alcohol." Moving picture and lantern evenings, illustrating public activities, exhibits of literature being used, etc., were presented by student members, and a platform demonstration of the working and effectiveness of a new device, built by the Yale Laboratory of Applied Physiology for testing the concentration of alcohol in the blood of automobile drivers charged with operating a car while drunk, by the faculty of the school.

Informal group seminars, also, were frequent, in addition to a never-ending series of spontaneous small-group or "bull sessions" on the lawn and in the corridors and rooms, many of them with Director Jellinek in the center, continuing often until near midnight. For more than five weeks the most intensive discussion of America's age-old liquor problem thus continued in supremely democratic fashion, formal and informal, with "teachers" and "students," representing widely divergent shades of opinion as to temperance, from abstinence to social use and trade interest, participating freely in a search for truth and understanding. This ready, free participation expressed the unique spirit of the school.

Seventy-nine men and women from twenty-eight states, Canada and the District of Columbia, received the course of instruction and at its close, a Certificate of Attendance from Yale University. During the session they were housed in the Divinity School Quadrangle and at Beecher College for Women, both on quiet Prospect Street, among an abundance of mid-summer trees and views of the hills surrounding New Haven.

As a whole, the school marked a decided step toward the more general and effective utilization in public safety, curative and especially educational service of the abundant scientific knowledge now available on the alcohol problem. It should be an encouragement to all engaged in public and private health service and in education to take more positive and constructive leadership in the fields in which they are particularly qualified.

The Colleges Prepare Teachers

For a New Educational Approach

DURING THE PAST SUMMER SESSION, as increasingly for several years, colleges and teachers have given courses of instruction on Beverage Alcohol and related problems of Narcotics and Health designed to aid all students interested—especially those preparing to teach in high schools, colleges and other schools. Notwithstanding war conditions the number of colleges offering courses, the interest of teachers and students, and the quality of the instruction offered all seem to have been better than in previous years.

In 1940 three colleges were reported as having given instruction, with college standing and credit; in 1941 there were six; in 1942, 12. This year 20 colleges and universities in addition to Yale, from New England to California, verified their leadership in a newly-developing movement on alcohol and related problems, now well on the way throughout the United States.

For eight years *The International Student* has been emphasizing the necessity and place of such educational leadership. It has been calling for and promoting the definite service that may be rendered, most acceptably and effectively under present trends in education and public attitudes, toward a comprehensive understanding of alcoholic problems by the specialized ability, equipment, and balanced attitude and approach of the colleges and their teachers in contact with their students and the public; of the high schools and others of similar grade in their more direct touch with growing youth. The evidences of rapid extension recently of this movement, therefore, due to many coöperating sources, is especially gratifying to this publication.

In the summer sessions this year over 300 teachers were enrolled in courses offering credit in twelve different states. These included State Teachers College, San Jose, Calif., Dr. Oscar L. Brauer, instructor; Alabama College, Montevallo, Mrs. Lillian Rush Smith instructor; Colorado State College of Education, Greeley, Miss Dora H. Young, instructor; State Teachers Colleges at Minot and Valley City, N. D., Miss Estelle Bozeman instructor; Wheaton College, Wheaton, Ill., and Chautauqua Summer Schools, New York (New York University), at both of which Miss Bertha Rachel Palmer was the instructor. Much credit for leadership in the initiation and development of these schools for teachers during the past few years is due to the encouragement and instruction given by Miss Palmer, Director of Alcohol Education for the National Woman's Christian Temperance Union.

The largest single enrollment was at Valley City., N. D., 49; 75 were enrolled in the Florida schools. Four years ago these courses elected frequently out of curiosity to see "what could be taught in this subject." Now it is being chosen by teachers out of eager desire to learn WHAT and HOW to teach this "controversial subject." Instructors report an unusual number of visitors to their classes and increasing interest from year to year.

Among the colleges and universities that have conducted courses and seminars of instruction, most of them relating the Alcohol Problem with those of Health, Narcotics and daily living, are the following:

Cornell College, Mt. Vernon, Iowa: For the fifth consecutive year, Dean Albion Roy King continued his class and seminar in "Alcohol and Narcotic Education," five weeks, first term, finishing it before leaving to attend the new School of Alcohol Studies at Yale University. Units of research and discussion included: The Pleasure Principle as a Guide in Life, Its Values and Weakness as Applied to Modern Problems; Primary and Secondary Sources of Material for Research and Education; Motivation—Why Men Drink: Nature, Sources and Production of Alcohol and Narcotic Drugs; Physiological Basis; Psychology of Drunkenness; Effects on Behavior, Stages of Drunkenness; Alcohol and Efficiency,

Highway Safety, Artistic Inspiration, etc. One feature was a radio broadcast on "Youth and the Temperance Problem."

Newberry College, Newberry, S. C.: A course in Health Education as It Relates to Alcohol was given in the first term of the summer session as Education 56, 2 hours credit, by Prof. A. M. Taylor. The purpose of the course was to aid teachers in the public schools. It included, first, a study of the nature and uses made of alcohol and its physiological and psychological effects when used as a beverage; second, ways and means of presenting the subject in the various grade levels and of correlating it with other subjects in the schools. Ten students took the course; much keen interest was expressed. It is to be continued in future summer sessions.

University of Florida, Gainesville, Florida: The University offered a course in Narcotics Education the first three weeks of the second term. Credit was given as an elective in education. Miss Dorothy Little, Consultant in Narcotics and Health Education, was the instructor in charge. The course was factual, scientific and unemotional. After a study of the nature of alcohol had been made, teaching projects, units, and methods for different age-grade groups were developed. Seventeen took this course.

University of Miami, Miami, Florida: The University of Miami conducted a Work-shop in Narcotics Education June 14-26, led by Miss Dorothy Little, Consultant in Narcotics and Health Education of the Florida State Board of Education.

Participants met for two hours each day, five days each week.

(1) A brief consideration of the nature of alcohol based upon research projects was given.

(2) Suggestive teaching projects, units and methods for the various age-groups and subject levels were explored and developed.

(3) Each student or participant selected a problem for study with a view of re-examining and evaluating the conventional thinking, assumptions, and social customs of today and the place of this problem in the educational program; eleven participated in the workshop.

John B. Stetson University, Deland, Florida: A three-weeks' course in Narcotics Education at Stetson University the last half of the second summer term, offered credit as an elective in education, and was taught by Miss Dorothy Little, Consultant in Narcotics and Health Education. A factual, scientific, and unemotional approach was used, and the nature of alcohol and its relation to the psychological, physical, social, and economic, as well as the educational aspects of the problem was given attention. A consideration of methods and projects for teaching the effects of alcohol and other narcotics in the public schools was a part of the course; thirteen took the course.

Millsaps College, Jackson, Miss.; June 21-July 3; Narcotics Education with credit, 2 hrs., in Education, Science or Health; Miss Buckels, State Department of Education Instructor. The course was conducted in the form of workshop. Consideration was given to the nature and effects of alcohol and other narcotics. A survey was made of textbooks in use in the state to determine the amount of material, and methods of approach used. Suggestive teaching projects, units, and methods for the various age and subject levels were explored and developed. Opportunity was given for re-examining and evaluating the conventional thinking, assumptions, and social customs of today and the place of this problem in the educational program.

Delta State Teachers' College, Cleveland, Miss., June 2-12; Narcotics Education with credit, 2 hrs., as Health Education, or Elementary Science. Miss Winnie Buckels, State Department of Education, Jackson, Instructor; nineteen enrolled. This is the third Course offered by Delta State. During the sessions of 1941, 1942, and 1943, enrollment has been high in comparison with other courses of the summer session. Written evaluations by students indicated their interest and their appreciation of the information gained. Consideration was given to the nature and effects of alcoholic beverages and to methods of approach to the teaching of various grade levels. Physical, psychological, economic, and historical aspects of the problem were considered. Attention was given especially to methods of including instruction in the effects of narcotics in the school curriculum.

Florida Southern College, Lakeland, Florida: Florida Southern College offered two credit courses in Narcotics Education. These courses were taught by Miss Dorothy Little, State Consultant in Narcotics and Health Education, and Miss Doris Purcell, Assistant to Miss Little.

1. *Narcotics Education*: credit as an elective in education or health. A factual, scientific, and unemotional approach to the present-day problem of narcotics was used. A study of the nature of alcohol and its relation to the psychological, physical, social, and economic, as well as education aspects of the problem was considered briefly. Suggestive teaching projects, units, and methods for the various age-grade and subject levels were explored and developed; seven students took this course.

2. *The Social Phase of the Narcotics Problem*: credit as an elective in sociology; 23 took this course.

This course gave consideration to the nature of alcohol and other narcotics and the results upon the public safety, health, and welfare of the community where narcotics are used. Teaching projects, units, and methods were a part of the course. Both of these courses were offered the first term.

Jackson College, Jackson, Miss.; June 7-29; Narcotics Education, credit of 1½ hrs. in Education, Science, or Health; Miss Rose Mae Myers, Jackson, Instructor. In addition to the twelve students enrolled for credit, thirty other students visited this class with a view to receiving information on methods of correlating Narcotics Education with safety, health, and other subjects. Students in the course developed units for use in teaching the subject to their particular grade levels. Written evaluations showed appreciation of the information gained.

Student Impressions of the Yale School

By WINNIE BUCKELS

FIRST OF ITS KIND in the country was the Yale School of Alcohol Studies. Prior to its opening, July 8, this school was the subject of much speculation and discussion which ran the gamut from praise to censure. What were its purposes? Would it advocate definite policies or plans of action? Would there be an effort to crystallize and standardize the thinking and attitudes of students in regard to approaches to the solution of the alcohol problem?

It was not surprising, therefore, that the majority of the eighty students who enrolled did so with heads punctuated with "mental question marks" which indicated every degree of wonderment from mild curiosity to forthright anxiety. Here, together under one roof, were varied groups who were interested in the same subject but who believed that they represented great divergency of viewpoint and attitude.

As the purposes of the school became evident, "mental question marks" gave way to "mental hooks" with which to fish for information. The student at the Yale School of Alcohol Studies did not find it an arena for the violent contesting of opinions; nor did he find it an "indoctrination center" where his beliefs would be either condoned or condemned. He found a highly beneficial university course skillfully conducted by a scientist who is concerned not only with scientific research on alcoholic beverages, but who sees the value of assisting clergymen, educators, probation officers, social workers, public officials, and the public in general to *utilize the findings of science effectively*. He found that emphasis was placed both on the value of securing facts and on the development of a logical use of those facts.

(Continued on Page 17)

Miss Winnie Buckels is Director of Narcotics Education, State of Mississippi, Jackson.

Youth-Leader Defines the Problem at Yale

By C. AUBREY HEARN

MY EXPERIENCE largely has been with young people, and such conclusions as to the present-day character of the alcohol problem as I have formed come as the result of working with them in nineteen southern states. It is, therefore, a privilege to be in this school and to share in re-thinking the whole problem; if we had more such schools solution would be much more rapid.

My contribution to our formulation of the question is as follows:

1. Alcoholic beverages serve no useful purpose, except perhaps, to a small extent as a therapeutic agent.

2. The extensive use of these beverages is explained by social custom and ignorance regarding their effects.

3. The social problems that arise out of the beverage use of alcohol are serious — juvenile delinquency, crime, divorce, prostitution — all definitely related to it.

4. Education concerning alcohol is gravely handicapped by the advertising and pressure brought to bear on newspapers and magazines by the manufacturing interests of these beverages. Newspapers seem to try to accommodate their advertisers in their editorial as well as their advertising page. As a result we see distortion of the truth.

5. Education alone is not sufficient to solve the problem. For example, many doctors drink, yet a doctor should be better informed than anyone else regarding the results of drinking.

Condensed from "The Alcohol Problem: Formulations and Attitudes," an opening-day Symposium by eleven widely representative students at the Yale School of Alcohol Studies, July 9, 1934. Mr. C. Aubrey Hearn, a young writer of the Baptist Sunday School Board, Nashville, Tenn., and youth leader, is author of a 1943 text for discussion and study, *Alcohol, The Destroyer*.

6. A religious motive, added to education, will bring solution of the problem—total abstinence. When the sacredness of the human personality, the body as the residence of the Holy Spirit, is appreciated freedom from the use of alcohol and narcotics will be accepted and normal.

THE SOCIAL as well as public health aspects of the alcohol problem are of such magnitude that it is imperative to prepare the young and adolescent student to meet this problem adequately. This involves not only the presentation of scientifically established facts about alcohol beverages but also a statement of the problem itself. The student must be taught to see that the problem is not exhausted by the effects of alcoholic beverages on isolated psychosomatic functions, but that the manifestations are of a nature which make the use and abuse of alcoholic beverages not a matter of mere taste and inclination but of mature consideration involving social responsibility and responsibility toward oneself.—ANNE ROE, "A Survey of Alcohol Education in the United States," *Qr. J. of Studies on Alcohol*, Mch., 43, 576.

WHY LEARN TO DRINK at all? Is alcohol essential for health and happiness in present-day society? Obviously it is not normal to consume a poisonous and narcotic drug. Yet alcohol is probably the least habit-forming of the narcotic drugs which favor relaxation, escape and good fellowship. This favors its use which associated with the ease of obtaining it explains why there are more people in the United States today afflicted with the alcohol habit than any other narcotic habit. Since no one would insist that alcohol is essential for relaxation and good fellowship, is it not more rational to teach how to relax and be good fellows without the use of a drug than to teach how to use a drug occassionally and in moderation?

—ANDREW C. IVY, PH.D., M.D.,
Northwestern University Medical School.

The Teaching of Scientific Information

On Beverage Alcohol

By ANDREW C. IVY

THE HUMAN consumption of alcohol constitutes one of the most serious of public health, social and economic problems. This is true for yesterday, for today and for tomorrow.

Alcoholism is due primarily to the narcotic effect and habit forming potentialities of alcohol. This is a fact that cannot be overlooked in any consideration of the alcohol problem or alcohol education. Yet, it is a fact that is frequently ignored. The saloon is, has been, and will always be a menace for reasons too obvious to require enumeration. Alcohol is a menace especially in the Machine Age because in a minimal effective dose it impairs the higher and more complex activities of the brain. It never stimulates the brain; it always narcotizes, anesthetizes, or depresses the brain. It is because of the narcotizing or depressing action of alcohol on the brain that the "occasional," the "social," or the "moderate" drinker takes alcohol—"to drive away dull care" and to "stimulate" conversation and good feeling. Alcohol, like all narcotics, temporarily releases the user from reality, the degree of release depending chiefly on the amount taken and absorbed into the blood.

To solve any public problem effectively, facts must be available, they must be made known, and a practical (or) effective remedy must be applied. Many facts regarding alcohol have been obtained by *Research*, although some important points re-

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main to be established as facts. The facts can be made known through *Education*. Propaganda is a two-edged sword and may be used for or against the truth. The remedy obviously will be some form of control, either self-control or legal control. But, the control must be fortified by continuous *Education*. All remedies which effect a lasting cure must contain the element of prophylaxis or prevention. Great reforms move slowly and their permanence and success depend chiefly on a reiteration of facts in every generation.

The primary burden of the presentation of facts regarding many everyday, practical problems falls on the teachers of young people, on the Educators of our youth. The education of the adult population can only be obtained effectively through the agency of the newspapers, magazines and radio, an approach that is sometimes blocked by commercial interest. The "drys" desire to have the facts regarding alcohol presented; the wets claim that they also desire to have the facts presented; and laws exist in forty-seven states which provide that the effects of alcohol be taught to our youth, so teachers should have no qualms regarding the teaching of the facts. There should be no fear of facts or of truth.

Education should be strictly scientific. The established facts should be known by the teacher and should be presented to the student. Controversial points, or points not established as facts, should be presented as such and nothing more. Teaching that is prejudiced, that is based on emotion, that smacks of moralizing, is not scientific. Facts presented in a clear, attractive and organized manner have an emotional appeal which exerts a moral and guiding influence on every unprejudiced mind. An informed public will exercise more self-control and will be more likely to adopt and respect effective legal control than an uninformed public. Every teacher knows that one of the purposes of education is to create an informed public opinion by teaching facts and by stimulating students to ascertain the facts regarding all questions.

STUDENT IMPRESSIONS

(Continued from Page 12)

Particularly impressive were the efficiency and skill of the director, Dr. E. M. Jellinek. The student observed with interest and approval Dr. Jellinek's lack of bias and prejudice, his regard and respect for the expressions and contributions of all members of the student body, his thorough knowledge of scientific data on questions pertaining to all phases of the alcohol problem, his comprehension of the relation of scientific data to the problems arising from the use of alcoholic beverages, and his recognition of the limitations of present knowledge in this field.

Seldom on any subject, and never before on this one, had so many specialists of singularly outstanding attainments in their fields been brought together to contribute toward a complete and well-rounded understanding of one great problem. The twenty-six lecturers who composed the faculty of the school led the student to consider the broad ramifications involved in what is referred to as "the alcohol problem." He was led to understand that any effective approach to the problem must be made with proper respect for its complexity. The contributions of these specialists represented an integration of the total significant findings on this subject up to the present time.

Information of vital interest was gained through an analysis of ancient and modern cultures, drinking customs of peoples of diverse ways of life, and the influence of cultural patterns on drinking customs. The student received the benefit of thorough instruction on such timely and important questions as: The effects of alcohol on nutrition; Significance of blood alcohol concentrations and their relation to degrees of alcohol influence; Alcohol as a cause of industrial and traffic accidents; Alcohol education in the public schools; Educational approaches to the alcohol problem; Alcohol, youth and delinquency; Evidences of physiological and psychological experiments; Alcoholism as a legitimate public health problem; Alcoholic mental disorders, and psychiatric treatment of the alcoholic.

DRUNKENNESS DOES NOT CREATE vice, it merely brings it into view. . . . At such times your cross-grained fellow does not restrain his tongue or his hand. The haughty man increases his arrogance, the ruthless man his cruelty, the slanderer his spitefulness. Every vice is given free play and comes to the front. Besides, we forget who we are, we utter words that are halting and poorly enunciated, the glance is unsteady, the step falters, the head is dizzy, . . . and the stomach suffers torture.

—*Seneca, Eighty-third Epistle.*

Much was gained through association with the students of the school, representing, as they did, a wide range of interests, most of them working in fields which touch one or more phases of the alcohol problem. Through individual and group conferences in special seminars on education or on community problems, all who attended obtained a knowledge of the views of fellow students and became acquainted with programs of education and social action being promoted in the various sections of the country. In the discussion seminars which followed all formal lectures and in special seminars, there was complete freedom of student participation.

The student who completed this course has a new awareness that the alcohol problem must be the concern not just of the scientist, but also of the public health official, the school administrator, the classroom teacher, the social worker the psychiatrist, the religious counselor and of the community itself. He sees the necessity of a change in attitudes toward medical treatment of the alcoholic. His faith in the effectiveness of the scientific approach to the alcohol problem has been renewed and he is resolved to help fill the gap between "laboratory and layman." He has a sense of appreciation that he was able to participate in this school which he believes will mark the beginning of one of the most significant steps in American education.

The Stages of Alcoholic Effect

By ALBION ROY KING

THAT ALCOHOL is a narcotic has become the general opinion of authorities who have experimented with its effect on mental processes since about 1915. The direction of the narcotic effect is indicated by a generally accepted principle which defines the nature of mental decay in all forms. A specialist in nerve diseases was explaining to the writer the first symptoms and general progress of a form of insanity which results from the attack of a disease germ upon the brain. "It proceeds," he said, "in the same manner as alcoholic drunkenness. Whenever anything attacks the brain structures and mental processes, whether a drug or a disease germ, it begins by affecting first those processes or qualities which are the last to be developed in the history of mental growth. As it proceeds the effect appears in the lower and more primitive capacities."

Our cue for understanding the effects of alcohol, then, is the history of mental growth. Disintegration follows the reverse order of development. The normal mind passes through three levels of growth from infancy to adulthood, and the effects of alcohol fall into three stages, clearly marked by their correlation with these levels. The word "levels" is used in describing the growth of mind because each level continues as an active part of the total self. When we speak of lower and higher levels the terms are partly figurative and partly realistic. It is thought that the mental activities of the first level are centered in the basic ganglia of the brain, structures which are to be found in the lower forms of animal life, but the higher levels center in the cerebral structures at the top of

Condensed from *The Psychology of Drunkenness*, 1943, by Albion Roy King, Ph.D., Chapter V, "The Stages of Drunkenness." Copyright 1943 by Albion Roy King; used by his permission. Dr. King is Dean of Men and Professor of Philosophy at Cornell College, Mt. Vernon, Iowa.

the skull which are peculiar to the human brain. Doubtless the reason that the higher structures are more affected by narcotics and disease germs is because they are more delicate. The lower levels are the last to be destroyed because they are more primitive.

The Animal Mind

The new born baby faces its world with an already acquired set of impulses and reactions. We do not need to teach the infant to cry: it has the spontaneous capacity to show its pleasure and displeasure. Neither do we need to teach it to eat; it already possesses both the tendency and the technique for getting things into its mouth and operating the fairly elaborate mechanism of sucking. These infant traits are only samples of the complex set of impulses and emotions which belong to man's innate mental equipment. What the child becomes in later life depends very largely on harmonious development of the instinctive and emotional traits which are undisciplined at first.

As soon as the baby first perceives an external object and formulates a definite reaction toward it the second level of development begins. This is the level of sensory and motor control. Unable at birth to see or hear, or control its random movements of arms and legs, in a few weeks the baby can notice objects and hear noises and begin to reach for them. Within the space of twelve to eighteen months, and after a long process of trial and error, hit and miss, bump and fall, the baby learns to walk, a motor activity which requires the adjustment of all the muscles attached to the skeleton from the neck to the toes. This is accomplished by the building of habitual controls through the motor centers of the brain. At ten a boy has so far mastered the coördination of sight and motor control that he can play ball. Learning to play the piano requires the coördination of eye, ear, and motor responses. In all such activities as athletics, riding a bicycle, driving an automobile, operating a typewriter or any other of our numerous machines, activities which bulk so large in the education of childhood and youth, the mind functions on the second level of development.

The instinctive, emotional, sensory and motor capacities of the first two levels comprise the equipment which mankind

IMPULSIVENESS IS ANOTHER WORD which defines the first effects of alcohol. The narcosis of the checks upon impulse throws the drinker back to the ten-year-old level. He responds quickly and without normal restraint to every impulse. In the gay party he is the gayest. His tongue is loosened. He responds immediately to the mood, though one moment it may be laughter and the next moment tears. His hates and fears are intense; also his likes.

—ALBION ROY KING, *The Psychology of Drunkenness*, (1943).

shares with all animal creatures. The third level has traditionally been taken as man's mark of distinction. Intelligence is the ability to contemplate proposed behavior without overt action and thus improve both the range and quality of action. The activity of this level is not different in kind but only in degree from that of the lower level. Man differs from animals only in the intricacy and scope of such contemplative mental activity.

Self-criticism

At the pinnacle of mental development is the capacity for self-criticism. It is not another level; but intelligence at its highest and most intricate adjustment. The ability to reflect upon one's own situation and improve it accordingly is probably the latest and finest flower in the evolution of mind.

Three characteristics of the adult mind, developed under this capacity, are especially important for understanding the effects of alcoholic narcosis. First, there are the feelings. The impulse which makes a baby cry in adult life produces an intricate set of experiences which we specify by such terms as care, worry, sorrow, pity, shame, remorse, chagrin, despair, melancholy. Such feelings are not commonly found among young children, nor supposedly among animals. They characterize the higher and more delicate adjustments of mind or brain. Second is the set of checks upon impulse developed in adult life. Psychologists call these inhibitions. To illustrate,

take the case of a ten-year-old boy on the playground. He is impulsive. He will fly mad and hit on a hundred different provocations, forgetting the admonition to count ten. But at eighteen years of age he is far more likely to count ten and not hit because of the checks acquired in the eight years of experience and growth. These checks are especially important because of the complicated vastness of human impulse on higher levels. Not all laughter manifests a sense of humor. A sense of humor involves the ability to laugh at one's self, and it belongs to the higher developments of mind and personality.

These mental characteristics, acquired last in man's mental history, are the source of much joy and at the same time the deepest suffering of the race. Yet they are the equipment which makes civilization possible. The fine balance of impulse against check, which we call self-control, arises from the play of refined feelings and sense of humor; and this is the thing which defines the gentleman and the lady.

First Stage of Alcoholic Effect

Alcoholic liquors are consumed primarily for their peculiar effects, especially by those habituated to their use. The amounts necessary to produce a given effect vary greatly with different individuals and there is no absolute uniformity in effects, these differing according to many factors, such as temperament and mood of the moment. Perhaps the most important factor is the desire of the drinker himself. If he desires not to be drunk the mind has strong capacity for resisting the effect. Many people drink with a willingness to be drunk which brings immediate and more decisive results. The successive phases of the effect cannot be sharply defined, but in general the three stages marked by disturbances in the three levels of mind are quite clear. We shall attempt to give a typical picture which will not define every possible situation, but illustrate the average effect.

The first stage is a narcosis of the self-reflective functions of intelligence and is seen by a deadening or dulling of the three characteristics of the higher mental life, the feelings, the checks, and the sense of humor. All the weight of the world's care and anxiety, chagrin and despair, lifts off the drinker's shoulder and floats away like a bubble, leaving him with free

and easy feelings. One who is commonly self-conscious is likely now to be self-assertive or even arrogant; one who is the victim of an inferiority complex may now find the ego greatly inflated. The alcohol functions as its first and perhaps most important effect to bring a sense of release and escape, a feeling of well-being no matter what the circumstances.

Impulsiveness and Stimulation

Impulsiveness is another word which defines the first effects of alcohol. The narcosis of the checks upon impulse throws the drinker back to the ten-year-old level. He responds quickly and without normal restraint to every stimulus. In the gay party he is the gayest. His tongue is loosened. He responds immediately to the mood, though one moment it may be with laughter and the next moment tears. His hates and fears are intense; also his likes. This gives the illusion of stimulation.

There is a difference between impulsiveness and stimulation. Stimulation implies a faster and better performance. Many experiments have been performed with moderate amounts of alcohol, such as two bottles of beer or two ounces of whisky, and all of these have pointed to decreased speed and accuracy in performance. Some of these tests will be reviewed in the next chapter. The uniformity with which laboratory records have shown decreased performance is the thing which has led most authorities to class alcohol as a narcotic.

Sense of Humor

A sense of humor is a man's most unique attribute, but alcoholic gayety lacks authenticity. A genuine sense of humor implies two things: a certain quickness of wit in seeing a subtle point (and the best humor is always the more subtle), and the ability to laugh at oneself when the joke is on him. One who is slightly fuzzy from alcohol may be very funny to watch or listen to, his tongue in particular having acquired an unwonted freedom, but his jokes and laughter are more likely to be at the expense of others. A joke directed to him is easily taken as an insult. A certain dullness from the narcotic, which makes him fail to get a subtle point, may save him from the impulsiveness which prompts a quick swing to the jaw.

One curious thing about the first stage is that the drinker

always thinks that he is doing better. This is because he feels different, and the characteristic feeling is that of self-contentment and well-being. If tested with instruments of mathematical precision which are used in the laboratories, almost invariably he performs worse in any activity requiring speed and precision. No test has yet been devised which showed a consistent gain in performance with any alcohol dosage great or small.

Second Stage

The second stage of alcoholic narcosis begins when the brain has sufficient saturation to interfere with muscular coördination and sensory perception. Then the effect appears unmistakably in the behavior of a person. There is no mystery about the cause of his characteristic gait along the sidewalk. If the narcosis has proceeded too far he is likely leaning forward, with the appearance of hurry, trying hard to keep his feet under him, and having some trouble with direction. The alcohol in the motor centers of the brain throws the lines of nerve connection to the vast muscular mechanism of walking into confusion. Experimental studies tend to show that the effect on the lower extremities is stronger than on the upper part of the body. Enough of the narcotic puts an individual back to an infantile stage of motor activity.

The speech difficulties have a similar explanation. Talking is a motor activity involving the coördination of the muscles of the diaphragm, chest, throat, vocal chords, tongue, and lips, all in harmony with the idea. The addition of an "sh" on words, the dropping of a letter or syllable, or the ludicrous mixing of syllables is caused by narcotic interference in the centers of speech control in the brain cortex.

These derangements of the second stage furnish the comedy in drunkenness which the comedian exploits, but he does not aid his difficult feat of mimicry by drinking himself. Comedy is produced by subtle exaggeration and requires more than usual control. No actual drunk is ever as funny as the comedian. The prolific drinking on stage and screen is mostly done with colored water, and the experienced director keeps a sharp eye out for the actor who thinks he can perform better with a little jag on.

Seeing Double

The disturbance of sensory experience is illustrated by seeing double. The story is told of a man on a train who was overheard expounding the mysteries of drunkenness to a fellow traveler. "It's very queer," he said, "but when you're drunk you see double. See those two men sitting down there? Now, if I were drunk, there'd be four." "Really!" said his more sober companion, "but I can see only one."

Every person with two good eyes gets two images of any object he looks at, one on the retina of each eye; a person with one eye never sees double. In normal vision the eyes are brought into convergence and focus on the point of attention by six muscles on the outside of each eye which regulate its movements in the socket and a tiny ciliary muscle inside the eyeball which determines the thickness of the lense. This mechanism causes the two images to be so nearly identical in normal vision that it takes a very careful scrutiny to tell the difference between them, and an interpretive function in the visual centers of the brain simultaneously fuses the two images into a perception of one object. Alcoholic narcosis interferes both with the adjustment of the eyes and with the interpretative function. The muscular strain is relaxed so that the two lines of vision fail to make the proper convergence and focus with the result that the two images are quite different. The effect will be seen if the reader will fix his eyes upon some distant object and rigidly hold them there while he interposes a finger into the line of vision about a foot away and pays attention to the finger. The dulling of the interpretive function leads one to take the two images as two distinct objects. While you hold the pose, imagine what happened to the fellow who saw two lamp-posts and tried to go between them.

Third Stage

The third stage is stupor. Narcosis is complete. The victim falls into the gutter or a kind friend puts him to bed to sleep it off. In about twelve to fifteen hours most of the alcohol in the blood is burned up and the remainder is excreted. As the blood washes the brain it clears his mind for return to normal life.

New City-County Approach

"We Aim to Educate"

By EDWIN FAUVER, M.D. University of Rochester

ORGANIZED ELEVEN YEARS AGO, for the sole purpose of informing the general public—and youth in particular—about the evil effects of beverage alcohol, using the most modern methods of presenting the scientific facts in high schools, churches and other character-building agencies, the Allied Temperance Forces of Rochester have continued steadily this educational program. During the past school year, the program has been presented in six of the high schools of the city and county, including forty-two showings of moving pictures before 2,683 students in science, biology, and social studies. These movie showings have been followed by discussion periods in which the pupils have taken the leading part. Similar use of the moving picture has been made in 28 churches, church school classes, youth groups and adult classes, with an attendance of 2,263.

Each year the organization presents a booklet on the alcohol problem to each of the high-school graduates of the city; this year, it was *How Much Do You Know About Alcohol?* by Thomas R. Carskadon, prepared by the U. S. O. for distribution to the armed forces, 2,403 graduating students receiving the pamphlet. Two public speaking contests on the problem were held, one in Rochester, one in Brockport. And for the tenth consecutive season, this year, temperance educational advertisements have appeared in the newspapers of Rochester, including a series of six in the *Times-Union*.

Through the years, outstanding speakers have been brought to the high schools and other groups of the city, such as Dr. Haven Emerson, Dr. William A. Sawyer, Dr. Albert W. Beaven, Dr. Albert D. Kaiser and Mr. Roy Breg of Allied Youth, Washington. A research library of the latest educational and scientific books on the alcohol problem is maintained at the Rochester headquarters.

The Vogue of Social Drink

By J. H. BLACK

THE POWER of the vogue of social drinking is quite too much ignored in current discussions on liquor.

Speaking to the Research Council of the American Association for the Advancement of Science, Dr. Myerson of Boston, one of the acknowledged psychiatric authorities of America, said: "The crux of the problem is in the socially conditioned attitude toward alcohol prevailing in our culture. Alcohol is one of the great ceremonial agents of life, and if it were not for the social usage down the ages, it would not have had the hold on mankind that it has."

Dr. Shalloo, another psychiatrist, puts it this way: "In our times it is culturally imperative to toast the bride, christen the ship, seal the bargain, speed the friend, salute the New Year, celebrate good fortune, and wake the dead," with alcohol.

It is fortunate that attention is being turned to this major social cause of the liquor problem—our drinking vogue. The social vogue of liquor drinking is primarily responsible for starting almost every drinker on his way when he accepts his first glass on someone's invitation. It is responsible also for much of the excess drinking that makes our alcoholics. In the atmosphere of good fellowship, drink to many people is irresistible.

If life must have a "ceremonial agent" there are innumerable non-alcoholic drinks. The Chinese long ago adopted tea, and they've shown endurance.

A new social vogue compatible with modern knowledge as to health, efficiency, decency, sanity and prosperity, is essential if we are to protect humanity from serious breakdown in our high-gearred civilization.

Rev. J. H. Black is Moderator of the Church of Scotland. This condensation is from *The Temperance Advocate*, June, '43, Toronto, Canada.

The Cult of Narcotic Culture

*Seek the Truth
Come Whence It May
Lead Where It Will.*

On the Criminal Fringe

The shortage of liquor, caused by the distillery industry's 100 per cent conversion to war alcohol production, and increasing federal taxes combine to create a bootleggers' paradise. The old-time bootlegger already is back in the picture with offers to sell hooch at bargain prices under labels of nationally-known distillers.—M. L. CURTIS, National Alcoholic Beverage Control Association, *Ohio State Journal*, Sept. 14, '43.

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Problems of the Grand Jury

Two-thirds of our indictments were brought about by liquor, either excessive use on the part of the individual, or from associations formed in carelessly operated bars and taprooms. These places keep open after hours, or on Sundays, sell to persons already drunk, sell to minors, are hangouts for numbers writers, thieves, prostitutes, etc. The situation they produce is bad at all times but now, with the influx of war workers, both men and women, the need is urgently important that every enforcement agent in the district do his utmost to fight these vice conditions.—*Report of Grand Jury*, Delaware County, State of Pa., Mch. 8, '43.

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Choosing My "Kind of People"

It is a mistake to say that I will meet my "kind of people—people accustomed to graceful living"—at the —— (cocktail lounge). I claim to have lived gracefully for half a century without a single cocktail in my menu. This from the physical

point of view; from the patriotic standpoint, I feel I would be sabotaging all efforts to rejuvenate "the old, dizzy-mad world" rather than letting it roll by, by blunting my senses and unfitting myself for service at this critical time when the country needs clear minds and strong hands.—BERNARD L. RICE, Boston, Apr., 543.

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Increasing Drunkenness in Sweden

Marked increase in drunkenness in 1942 over that of recent previous years is noted by the Swedish Department of Social Affairs. During the first nine months of 1942 the number of cases demanding public attention was 29,160 as compared with the average of 23,689 in the corresponding period of the years 1935-39.—Condensed from *Bulletin of the International Bureau Against Alcoholism*.

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Public Aid Required

Education of students to public responsibilities in the matter of the alcohol problem has been seriously neglected. Responsibilities for education in the realities of the problem should be stressed with the teachers rather than with the students. "High-school students are not too young to understand the various measures of control which have been suggested, nor are they too young to appreciate the fact that practically nothing is being done through public agencies, by which alone a problem of this size can ever be adequately handled, to rehabilitate the chronic alcoholic."—ANNE ROE, "A survey of Alcohol Education in the United States," *Qr. J. of Studies on Alcohol*, Mch., '43, 650.

MEN AND WOMEN drink essentially because they like the effect produced by alcohol. The sensation is so illusive that, while they admit it is injurious, they can not after a little time, differentiate the true from the false.

—"The Doctor's Opinion," *Alcoholics Anonymous*.

Drinkers' Diet Deficiencies

It is a fact well known among doctors and nutritionists that habitual drinkers of alcohol, either in excess or in moderation, suffer from dietary deficiencies. Although the relation of inebriety to nutrition is not definitely known and probably could not be measured accurately anyway, impairment of metabolism in the habitual drinker has been recorded by many competent observers. That this interference with normal body processes cuts down the working capacity of the drinker is too generally accepted to merit debate.—WILBUR L. DuBOIS; Health Department, Milwaukee, Wis.; twelve years a Food Chemist, U.S. Dept. of Agriculture.

The Present Spread of Alcoholism

By CLIFTON T. PERKINS, M.D.

IT HAS BEEN ESTIMATED by two eminent students of the problem of alcoholism—Haggard and Jellinek—that there are 27,000,000 men and 13,000,000 women in the United States at the present time who are users of alcohol. Intemperance is about six times more common in men than in women. It is estimated that about 600,000 people in the United States are chronic alcoholics—those who have developed definite disease as a result of the habitual drinking of large amounts of alcohol. This estimate of Haggard and Jellinek seems reasonably accurate.

For purposes of roughly delineating the problem of alcoholism in Massachusetts these estimates may be applied on a population basis to Massachusetts. Bearing in mind that we are dealing with estimates only, we may say that approximately 1,400,000 residents of Massachusetts are users of alcoholic beverages. Massachusetts, from the standpoint of total population, is essentially an urban state, and it is known that urban

Dr. Clifton T. Perkins is Commissioner of Public Health, State of Massachusetts. These statements are from a recent Special Report to the Department of Public Health.

states use more alcoholic beverages than do the predominantly rural states, therefore our estimate of users of alcohol in Massachusetts is probably conservative. There are probably more than 20,000 chronic alcoholics in Massachusetts. . . .

It is well recognized that there is a significant relationship between alcoholism and broken family relationships; alcoholism and crime; alcoholism and accidents; alcohol and industrial efficiency. We now must be concerned with alcohol and production for military needs. Alcoholic beverages when abused exercise a deleterious effect on the body. Delirium tremens is a condition due to alcohol which not infrequently kills the victim. In the period 1915 to 1935 inclusive, 38,376 alcoholic patients were admitted to the Boston City Hospital. Of this number, 2,375 suffered from delirium tremens, and of this number, 560, or 24 per cent, died. Moore, when making this report noted that many persons suffering from alcoholism and delirium tremens have been refused admission to the Boston City Hospital because of lack of facilities for their care.

It would be entirely logical for the General Court to authorize the care of inebriates by the Department of Mental Health. Hospitals under the jurisdiction of the Department are at present overcrowded with an average of 18 per cent, and there is a substantial increase of patients under care to be expected. There seems to be little chance that new facilities to house inebriates can be constructed during war time. The present curtailed personnel in the medical profession and its ancillary disciplines also is prohibitive of any expansion of services at this time. It seems obvious that if psychiatric care is intended for inebriates it should be provided under the jurisdiction of the Department of Mental Health. Generally such patients should not be mixed in with the usual mental patients on the one hand or with hardened criminals on the other.



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YALE DIVINITY SCHOOL QUADRANGLE

THE SCHOOL OF ALCOHOL STUDIES WAS HELD IN THE AUDITORIUM, AT THE END ;
A CONTINUOUS SERIES OF DISCUSSION-GROUPS AND FORUMS ON THE LAWN AND
IN THE ARCADES, DAY AND NIGHT.

THE PSYCHOLOGY OF DRUNKENNESS

BY ALBION ROY KING, PH.D.

*THE MOST VITAL AND REVEALING BOOK OF THE YEAR ON
THE BEVERAGE ALCOHOL PROBLEMS OF TODAY*

Dr. King seeks—and explains—the meaning of alcohol in daily life ; the sources of its attractiveness and of its dangers. He gives, in six brief but strictly scientific chapters, the essential facts at the heart of the problem that young people—and all others—have to face when choosing “to drink or not to drink,” to accept social drink customs or not to do so.

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price, 50 cents. Address PROF. ALBION ROY KING.

NOVEMBER
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THE
INTERNATIONAL

STUDENT

OF LIQUOR IN LIFE TODAY

IN THIS NUMBER---

Toward a New Approach

*Social Pressure Helps
to Create Alcoholics*

Self-analyzing the Causes

From the Yale School

*Bring Alcoholism
Into Light of Day*

*Student Impressions
of the Yale School*

Cult of Narcotic Culture

Alcohol and Vitamins

Alcohol and Instincts

*Meaning of Alcohol
as Psychological Drug*

Preparing for Post-war



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erty; it is
responsibility"

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NEW HAVEN, CONN.

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THE INTERNATIONAL STUDENT

NOVEMBER, 1943

Vol. XLI, No. 2

HARRY S. WARNER, *Editor*

States of Increasing Inferiority

BOTH INTROSPECTIVELY and objectively lack of self-control is clearly discernible in every stage of alcoholic intoxication. As the influence of alcohol increases, this effort (of deliberate self-control) ceases to be continuously effective and the drinker surprises the observer by smiling or laughing aloud at some very small joke, or by remarks or other actions which betray the suspension of his habitual self-control. And the weakening of his critical self-awareness is especially revealed by the fact that such jovial remarks as he now utters seem to him to shine with a lustre hardly perceptible to the normal mind.

—*Alcohol: Its Action on the Human Organism.*

Report of the Medical Advisory Committee, Great Britain

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Ten Years Toward a New Approach

Editorial

WITH THE COMING of University Leadership into the educational approach to the beverage alcohol problem, marked with dramatic effect as it was in The Yale School of Alcohol Studies, this past summer, and the rapid increase in the number of colleges that have been offering courses of instruction for teachers in recent years, a new force and source of confidence has been added for all who seek better understanding and lasting solution of the problem.

The complexities of "alcohol"—personal, social, national—with all its unfortunate consequences in personality, public health and effective living, are now coming to the front with new dignity and forcefulness. This can not but demand the attention of educators, writers, social welfare and church workers as the meaning of the new "all-over" program, under highly qualified, scientific and educational leadership becomes known throughout the country. With great confidence we may now rebuild concrete programs of action, knowing that we have a continuing source of dependable scientific information and high educational coöperation.

Meaning of New Approach

For ten years THE INTERNATIONAL STUDENT has been proposing and advocating such an approach, the approach that college and university leadership is best qualified to make; the coöperative service that advanced education, taking into account the many sources and aspects of the alcohol cult in every-day life, alone can render. This purpose—or dream—again and again expressed in editorials and articles by college educators, seems now to be coming into definite reality.

It was ten years ago, October, 1933, that THE INTERNATIONAL STUDENT said:

"The time is ripe for a new approach in this whole complicated struggle against alcoholic drink in modern society, for

one that will seek to bring out what it is all about; that is more scientific, more factual, more free to face *all the interests involved* than any that has preceded it in the century or more of temperance education in this country.

"It is time for education that *is* education, not propaganda; and for vigorous, far-reaching, abundant education at that. It is time for free discussion, for factual analysis of what has been accomplished, of what remains to be done and for a better understanding of what this intense conflict about drink really means in the life of today. It is time for a program and a leadership that are based on wider knowledge of the scientific information now available and that which research and present-day experience are now producing.

"However serious, even desperate, the crisis of the moment, it is time for advance, not for defeatism or reaction. . . .

College Leadership

"In such an undertaking who better may lead than the colleges of the country . . . the men and women who stand for education and make it vital to the current life of the nation? If they cannot lead intelligent discussion, who can do so? What group is more free from prejudice, politics, selfishness? Who are more concerned with social values and less with profit-motives? Who know better how to bring together the contributions of many minds into group thinking, into intelligent public opinion?

"Why should not the educators of this country, each from the viewpoint of his special subject, lead the thinking and the discussion of this age-old problem into positive attitudes and constructive action?"

The Yale School Forum

From the Yale Alcohol School of 1943, a continuous day and night discussion group of five weeks, we may well expect a renewed seeking and discussion of all that modern science and experience has to say about alcoholic culture, character and consequences. Spreading out through the country, under college and university leadership, the dependable information now available will become so interesting and effective as to create a new desire on the part of vast numbers not now interested to aid in effective solution.

Social Pressure Helps To Create Alcoholics

By LAWRENCE KOLB

THE PROBLEM DRINKER apparently develops in persons who have physical and psychological constitutions peculiarly susceptible to the mentally soothing and physically deteriorating effects of alcohol. Nevertheless, no one becomes a problem drinker through taking one drink and everyone can become a chronic alcoholic by taking large doses over a long period. Social factors are, therefore, very important in the production of alcoholism.

Social Customs Initiate Alcoholics

There are no means of telling beforehand what persons are so peculiarly susceptible to the seductive influence of alcohol that moderate indulgence is likely to lead them to excesses that eventually will make of them problem drinkers or physically deteriorated chronic alcoholics. We should, therefore, decry social pressure that sets up drinking as a thing to do.

The fact that the ratio of male to female alcoholics is six or seven to one clearly indicates that in a majority of instances something besides susceptibility produces chronic alcoholism. The difference is doubtless due to social customs and the general attitude as to what is right and wrong for the two sexes.

...

Chronic Alcoholics

The occasional drinker or the moderately heavy drinker who is not yet a chronic alcoholic is responsible for many of the alcoholism-induced traffic accidents and for some of the crimes

Dr. Lawrence Kolb is Assistant Surgeon General of the United States Public Health Service, Washington, D. C. This article is from his address on "The Public Health Aspects of Alcoholism," at the Yale School of Alcohol Studies, New Haven, Conn., July 9, 1943.

traceable to alcohol. But the chronic alcoholic presents the most acute and distressing problem to social, legal, and medical agencies.

There is no generally accepted definition of chronic alcoholism. The problem drinkers are persons who as a result of drinking have become serious problems to themselves, to their families, and to the community.

They try cures and fail; they take pledges not to drink and become drunk the next day. One drink starts them on a spree. They drink knowing they will lose their job and that their health will be ruined by it. Wanting to stay well, and having spent several hundred dollars for a cure, they may gravitate towards a saloon and get drunk as soon as the cure is completed.

They are helpless people who relapse time after time, in spite of the best intentions, and among them are quite a number who have deteriorated to such an extent that they no longer have any intentions beyond getting a drink as soon as possible. These are the real alcoholic addicts.

It is conservatively estimated that there are at least 200,000 alcoholics in the United States who belong to this more or less helpless group.

1,000,000 Becoming "Problems"

It also may be safely assumed that at any one time there are in the United States 1,000,000 or more persons who, because of excessive indulgence and special susceptibility to alcohol, are in danger of becoming problem drinkers. This type of alcoholism afflicts persons in every grade of society from the wealthy business or professional man down to the gutter bum.

"Chronics" Yet More Numerous

The problem drinker just described does not include numerous people who have drunk until their noses are red or until they die from some intercurrent disease. These persons may suffer serious physical changes because of the excessive use of alcohol without becoming helpless social problems, but they are chronic alcoholics, nevertheless, and they are more numerous than the problem type of addict.

Self-analyzing the Causes and Cure of Drink

By JUDGE LEWIS DRUCKER

"GEORGE, YOU CAN stop drinking as soon as you make up your mind," I said to my caller. "But, Judge, I have done that so often," he protested. "After each bender I get so remorseful I promise to quit. I go along for a while. Then when the tension becomes irresistible, I take a drink and start all over again."

"Do you ever ask yourself why you need the drink and why you take it?"

"Judge, it relieves me. You remember I started to drink when we were at school together. I had fun when drunk. I drank like a gentleman. I came to you when I lost my job and Grace threatened to leave me. I feel free to discuss the matter with you."

"George, you have it within you to cure yourself. You can quit providing you develop the faith and control required. Sit down with me and have a self-analysis."

Start at Parties

"Some drinkers are influenced by custom rather than by their individual problems. Many moderate drinkers start drinking with friends at parties and social functions. Pretty soon they develop a social psychological dependence upon al-

From long experience in handling drunkards, Judge Lewis Drucker of the Municipal Court of Cleveland, Ohio, details a personal interview in which he encourages one, George, to face his problem and win out over it. Judge Drucker was a student at the Yale School of Alcohol Studies, during the past summer. He is a graduate of the College of the City of New York and, in law, of Western Reserve University. The article is from *The Cleveland Plain Dealer*, Sept. 6 and 7, 1943, by permission.

cohol. You did it. When you had anxieties, frustrations and conflicts you found it easy to yield to the pampering effect of intoxication.

"I don't think you can blame the tendency to drink upon your parents. Alcohol itself as a substance cannot be transmitted nor inherited and its use as an intoxicant is more frequently due to environment and the society in which you move. Heredity plays a part in developing the drunkard. Two outstanding authorities, Haggard and Jellinek, report that 60 per cent of all alcoholics studied had parents or grandparents who were alcoholics. But you haven't been able to show me that your parents or grandparents were inebriates. George, honestly, don't you admit that alcohol has you licked, that you have an irresistible urge you can't control? And yet I am positive there has yet been no mental deterioration.

Mental Cases

"Some drunkards drink because inherently they have certain defects which are the early symptoms of mental diseases. They are 'symptomatic' drinkers. They give evidence of mental disease in early or gradual development stages.

"This is not your case at all. George, I am afraid you became an excessive drinker because you hadn't the 'guts' to face the turmoil of emotions which brought you in conflict with your environment. You built up the idea that by drinking you got relief from these tensions. For a moment you were able to blot them out. You had the idea that you could get rid of all these conflicts by forgetting and drinking.

Dreams

"Whether you became aware of it or not, George, I always had the idea that somewhere deep down inwardly you were conscious of certain inferiorities. You had the ambition, you had the dreams and the hopes but you somehow lacked the energy to realize them. You wanted to be a leader, a 'big guy,' a man of influence and power. You envied the fellows around you who had power, yet you were weak and vacillating, hesitant. You liked to build castles in the air. Under the influence of alcohol you led yourself to believe that you were successful and could boast of your achievements.

(Turn to Page 43)

From the Yale School Of Alcohol Studies

ACCORDING to the survey in New York City Hospitals in 1936, alcohol was the largest single cause for admission. It was greater than infectious diseases, and many times the incidence of tuberculosis. They were all ordinary drunks, and do not include the drunk who had some other disease. I do not think we need any other drink than water, maybe a little milk.—DR. NORMAN JOLLIFFE, Associate Professor, N. Y. University; Chief of Medical Service, Psychiatric Division, Bellevue Hospital.



ACCIDENT REPORTS of 1942 for drivers show 1 in 9 had been drinking and 1 in every 6 of pedestrians, or 1 in 5 of adults. One in 5 of fatal accidents involves either a driver or a pedestrian who was reported to have been drinking, or 20 per cent. This trend in the per cent of reported drivers and pedestrians started in 1933.—DR. DONALD S. BERRY, Director, Traffic Division, National Safety Council.



ONE OF THE HARDEST facts for the alcoholic to face is that he has missed so many things. All the pastor's work, prayers and preaching are preventive in the sense that he is working toward adequate emotional education and growth of the individual. Religious development and emotional development go hand in hand.—REV. OTIS RICE, Religious Director, St. Luke's Hospital, New York.



ON SCIENTIFIC, moral and religious ground, it is not with half-truths, or with truths diminished, exaggerated, or false, that we can arrive at the deep and solid education of a nation; but it is upon the complete truth, scientific, moral, religious and Christian, that the education of the people in temperance must rest.

Through these sessions, open to all persons interested in problems of alcohol and alcoholism, Yale University has the merit of shaping in a scientific manner the thought of religious, civil and political leaders who will be qualified to speak and to write competently upon the problem of alcoholic drink. and to give wise direction to the temperance movements.—REV. R. M. BEDARD, O.P., Director General, Circles of Lecordaire and St. Joan of Arc, of the United States.



WE THINK of freeing the soul from sin and the body from disease as complementary functions. Surprise is frequently evidenced when visitors to the College of Medical Evangelists at Loma Linda, Calif., find a group of over 300 medical students who do not drink or smoke, believing that the gospel of health is just as important and can not be separated from the rest of the gospel.—DR. L. H. LONERGAN, Professor of Pharmacology, College of Medical Evangelists.



SOME OF THE statistical data which we compiled during the five years' study of Sing Sing prison analyzed the sexual crimes. The majority of sexual crimes were committed under the influences of alcohol, or by intemperates not immediately under the effect of alcohol. The relation of criminality and alcoholism was more marked in the case of sexual offenses and assaults than with any other offense.—DR. RALPH BANAY, Criminal Psychopathology, New York University College of Medicine.



IF WE ARE going to educate children in the worthwhileness of life, and on the harmful influence of alcohol, the time to start is when the child is plastic, not wait until somebody has taken him out and given him a drink and he thinks he has done something smart. When it comes to many of these social problems, I would not spend hundred of millions of dollars in correctional work, but in protective and educational work long before they start. The place to stop crime is not in the electric chair but in the high chair.—Envoy J. STANLEY SHEPARD, Director, Men's Prison Bureau, The Salvation Army.

WE DO NOT KNOW how much the penal process costs, or how much it costs to operate the institutions to which prisoners are sent. We make a rough estimate of \$1.00 a day for the jail type. If we have 100,000 prisoners at any one time, the cost of institutions is \$100,000 a day, or 36 million dollars a year. Perhaps half of it can be charged off to the care of alcoholics.—DR. AUSTIN H. MACCORMICK, The Osborne Association; former Asst. Dir. U. S. Bureau of Prisons.



DRUNKENNESS is found three times as often in the families of the delinquent as among those of the non-delinquent. Its effect is graver upon girls than upon boys. The violence of speech and act, the discord, the feeling of shame because the neighbors look down upon them, set up such a sense of injustice and wretchedness that it makes the drunkard's home the worst conceivable for children to grow up in.—KATHLEEN CROWLEY, Probation Officer, Waterbury, Conn.

SELF-ANALYZING THE CAUSES

(Continued from Page 40)

"Do you remember the time when you came to me rather perturbed and seemed to express some feeling of sex inferiority and you felt you needed courage to overcome your sense of inadequacy? Under the stupor of drink you would stagger home and start giving orders thinking you were a boss and acting like a tyrant. You know, too, you have fairly good intelligence and yet at times I thought your drinking was rather stupid. I wondered if you really had become a stupid drinker; that is, one who is a mental defective or laboring under a dull intelligence. I wondered whether you just drink because you were trying to imitate people and were too weak to resist temptation or didn't have the intelligence to appreciate or enjoy any higher form of recreation. Remember, from all appearances you had a normal personality. You were influenced by the customs of your social set and because of their standards of conduct you became an excessive drinker.

"As there are many cases of drunkenness so there must be

AGGRESSIVE FIGHTING for the right is the noblest sport the world affords.

—THEODORE ROOSEVELT.

many kinds of treatment. There can be no single cure-all. But George, before I talk to you about treatment I must know that there is the will on your part and a desire to give it up."

Cures

"Get rid of the alcohol in your system. This takes days. You need rest, sleep, and time to meditate. No, George, a hospital would be better. Yes, at home your own doctor could visit you. You need relaxation. The doctor would discover evidence of vitamin deficiency. He might give you daily dosages of thiamin and vitamin B complex. He would prescribe concentrated yeast tablets or vitamin B complex and if necessary doses of riboflavin. This might be followed by larger amounts of orange, grapefruit and tomato juice. Then a diet. Then you ought to go to work. You showed a liking for tools. Why not go into a defense plant; they need men with mechanical skill?

"There is no single specific treatment. Each person becomes aware of his own personality assets. These must be developed and utilized. We have no magic formula nor miraculous cantation. There is a greater power from within. Nature must be given half a chance.

"We have discussed your problem on many occasions. We concluded that there must be a reorientation of your personality. In so doing you must assume the responsibility of taking care of your family.

"Coming back to your 'own' should be the goal toward which you are striving. Then, too, George, our talks tended to relieve your tensions and pressures. You have taken an inventory of yourself and I believe that you did tell me that you have gotten rid of the resentment you used to have.

"Have faith in yourself and in addition try to extend a helping hand to another faltering brother."

Bring Alcoholism Out Into the Light of Day

By DR. NATHAN ADLER

WHAT WOULD you think of a medical program suggesting that people suffering from cancer and tuberculosis be shackled and thrown into barred cells? It is not an extravagant idea. Only 150 years ago we treated the mentally ill that way, chaining and confining them in prisons. Democratic France in 1789 first struck the chains from the insane and began a modern, scientific, hospital program.

We are too humane and enlightened to jail sick people today and we would view with horror the imprisonment of the tubercular or cancerous patient. Still, in most cities and counties of our country, we throw the alcoholic addict into jail.

Quite properly we are upset when viewing the victim of chronic alcoholism. We reject his irresponsibility, his failure to his family, his job, and his country. The alcoholic is a parasite in the community, so we want to get rid of him as, formerly, we rid ourselves of the insane. In our zeal to protect the rest of the community our approach emphasizes the isolation and punishment of the chronic drinker instead of his cure.

Who is the alcoholic? What is his illness? Can he be cured?

It is not enough to say that the alcoholic has little character or will power. We have to ask why he is an addict and cannot control his drinking. Modern psychology, after many studies, suggests that the alcoholic is suffering certain psychopathic disabilities which it calls neurotic. The addiction of the alcoholic is likely to be a compromise to keep him from developing even worse mental diseases. The alcoholic is a person who,

Dr. Nathan Adler, of the Mental Hygiene Society of Northern California, San Francisco, and Social Worker at the San Quentin State Prison, was a student at the Yale School of Alcohol Studies in July and August, where he brought out in frequent discussion much of the information here presented in popular form. Condensed from *Allied Youth*, Washington, D. C., Sept., '43.

though he may have grown up physically, has never grown up emotionally. He has failed to make the adjustments and establish the relationships expected of an adult; he is still infantile in his attitudes and in his dependency on the people with whom he forms emotional attachments. He can not find recreation that is satisfying, work that is meaningful, and the kind of relationship with his family that gives him security and happiness.

An emotional and mental cripple, the alcoholic uses liquor as a social crutch.

Our mental hospitals are full of people whose illness began with frustration, a feeling of insecurity and an anxiety they could not control. People suffering from the same difficulties, but to a lesser degree, need not become insane. They are handicapped, however, and require treatment from properly trained physicians. The alcoholic is in a similar predicament.

As a result of his excessive drinking, the alcoholic addict frequently is slowly starving himself to death. Taken in sufficient quantity, alcohol has enough calories to keep him from feeling hungry. But alcohol has no proteins, no minerals, no vitamins—all of which are required to maintain, replace and build body tissue and to supply the necessary nourishment for his normal physical functions. As a result of the lack of vitamins and his under-nourishment the alcoholic is liable to develop diseases of the skin, like pellagra, nerve disease of the arms and legs, called neuritis, and certain types of insanity.

Is this the type of man we want to throw into an overcrowded jail cell, frequently without medical care or supervision? Shall we place this man, already seriously undernourished, on the poor diets of prisons and jails?

While we seek to prevent the disease by intelligent alcohol education, encourage the bringing up of healthy, happy youth with the resources within themselves to find wholesome recreation, satisfying work, and meaningful associations with other men and women, it is necessary also to engage in an energetic treatment program for the existing alcoholic.

As in other fields, the study of the abnormal teaches us about the normal, so in treating the alcoholic we learn more about preventive work. Furthermore, in curing the addict, we

(Turn to Page 58)

Student Impressions of the Yale School

Of Alcohol Studies

By VIRGINIA L. COLVIN

THE SCHOOL of Alcohol Studies at Yale University was the first school ever to be conducted on this question by a great American university. It brought together for lectures and seminars seventy-nine students from all parts of the United States, including two from Canada.

The background of the members of the student body was exceedingly varied. At the risk of over-simplification, we might classify the group into temperance workers, ministers, teachers, social workers, Alcoholics Anonymous, members of state liquor control boards, and liquor trade representatives.

Despite the diversified backgrounds of these sixty-five men and fourteen women, a common interest in the subject of alcohol brought them together. A few had had no personal experience either with individual alcoholics or in the educational field, but no one was unaware that a beverage alcohol problem exists. By the end of the course, however, every one had become fully awake to the many aspects and ramifications of the problem. Many of the members of the class were surprised to learn of the vast amount of scientific material which had been produced on the subject of beverage alcohol. Although twenty-six lecturers spoke before the class in forty lectures, there was a feeling on the part of the students that the subject was far from being exhausted.

So far as any well-defined program was concerned, such was not the intention of the school nor did such a program

From constant attendance and frequent participation in discussion at the Yale School of Alcohol Studies, Miss Virginia Leigh Colvin, Muskingum College graduate, Graduate Student at Columbia University, and state and national leader in the Youth Temperance Council, gave her impression of that school.

eventuate. The aim was to give a comprehensive view of the various phases of the beverage alcohol problem by specialists in these fields. Such a school primarily is for those who already have studied the problem deeply or at least who have had enough college or scientific training to understand the methods and the vocabulary of modern science.

In one of the very first lectures the class was made aware that the middleman is important, he who stands between the scientist and the layman, who translates scientific jargon, takes abstractions and makes them alive, relates them to society, finds their implications and impacts and makes the scientist sensitive to actuality. The Director warned the students early in the course against accepting statements of scientists on this question except in their own field, for a scientist might be an expert in his own field and yet unable to speak with authority in another.

Freedom of Discussion

There was the utmost freedom in discussion and there was no attempt to lead the thought into any particular conclusion. The fact that a considerable number in the class were temperance workers, experienced in many phases of the alcohol problem, was significant. The members of the Advisory Board and the lecturers acknowledged that they had learned much and developed a broader outlook from the questions asked by the members of the class. A question period followed each lecture and there was no limitation of time or subject.

The representatives of the distillery trade did not raise questions or take part in the discussions. One of them contributed to a seminar a description of the process of distillation and enumerated what the distillers are doing for the war effort; the other told of the educational program within the industry; the fostering of higher educational standards for employees and encouragement of the trade personnel through scholarships in universities.

Harm of Alcohol

In several of the lectures it was intimated that there is no question as to the fact that the effect of alcohol is harmful. No one raised the question of any good being derived from

(Turn to Page 62)

The Cult of Narcotic Culture

*Seek the Truth
Come Whence It May
Lead Where It Will.*

Moderate Drinking Comes First

IT IS KNOWN that in practically all alcoholics a period of moderate drinking precedes the excessive use of liquor. The length of this preliminary period was difficult for our veterans to estimate, but most of them thought that their drinking extended far back in their lives, hence we used the term "since youth" to describe this doubtful period. Sixty-two were thought to be in this class. Of those who were more definite in their statements, 12 reckoned the moderate period at 20 years; 17 put it between 10 and 20 years; 5, between 5 and 10 years; and 2, less than 5 years. The period of excessive drinking was estimated by 34 to be about 10 years or a little longer; by 19, between 5 and 10 years; by 22, between 1 and 5 years; and by 4, 1 year or less. Twenty-one were unable to offer any estimate.—THOMAS M. BARRETT, M.D., *Chronic Alcoholism in Veterans*, Quart. J. Studies on Alcohol, June, '43, 72.

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"Fifty-Fifty"

The Alcoholics Anonymous movement of the United States claims recovery in 50 per cent of those who join it, and in an additional 25 per cent after several relapses. The techniques of the movement include strict abstinence, the clear understanding of an ex-drinker, willing coöperation, religious orientation, recognition of inebriety as a disease or allergy, and the exchange of mutual experience with others who have been heavy drinkers. Reports from similar movements in Austria, Sweden and Switzerland indicate a similar rate of 50 per cent in recoveries.

Trends in Wartime

I doubt if we begin to appreciate the extent to which war, and the excitements and environments created by war, foster dangerous inclinations and tendencies. The increased consumption of alcoholic beverages since the outbreak of war is one evidence of this. Nor do we begin to have a clear appreciation of what the increase in consumption of alcoholic beverages in wartime means in increased risk, and in the loss of efficiency to the fighting and working forces of the country.—W. L. MACKENZIE KING, Prime Minister of Canada, in a broadcast Dec. 16, '42.



Post-war Wine Cellar

A cellarette in every home is being proposed by a section of the licensing trade as part of Britain's post-war building plan.

"We are advocating that in each home built with state-aid there should be a small bottle store in the larder or elsewhere. It should be properly constructed, so that wines, spirits and beer can be kept as they should be, instead of being mixed up with the cheese and the meat. Many modern flats have not sufficient cupboard room as it is and good wine is treated with less reverence and care than it deserves."—*Evening Standard*, London, Eng., Apr. 30, '43.



Chloroform

"Beer is 'the chloroform of the working classes,'" says Bernard Shaw. "The vast majority of moderate drinkers do not feel the worse for it because they do not miss the extra efficiency they would develop on the water wagon. . . . The moment they are in a position to develop their fitness to the utmost, whether in work or play, they begin to grudge the sacrifice of the last inch of efficiency which alcohol knocks off."—*British Journal of Inebriety*, 1942.



Loosening Control

Apart from sheer drunkenness, a great deal that is undesirable arises from the loosening of control due to drinking alcohol, sometimes in quite small quantities.—*Our Towns—A Close-up*, Oxford University Press, '43.

Less Critical---Of Himself

The effect of alcohol on the brain is to relieve stress and anxiety. As everyone knows, it makes a person less critical—of himself, at all events. But the slave to drink gradually undergoes moral and physical degeneration. — H. A. CLEGG, *How to Keep Well in War-Time*, '43.

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Close Association

The longer I am in practice, the more impressed I am with the close association between the lack of chastity and the taking of even small quantities of alcohol. It paralyzes the highest brain centers, cutting off the inhibiting impulses.—AMY FLEMING, M.D., Professor of Midwifery, University of London.

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Motor Accidents

By far the majority of users of alcoholic beverages are moderate and in no sense habitual drinkers. Even moderate users get into trouble on occasion as a direct result of the effects of alcohol. This is particularly true in relation to motor vehicle accidents.—Report, Mass. State Department of Mental Health, Nov., '42.

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Escape Mechanisms

Alcohol and its derivatives have always served their purpose in the capacity of escape mechanism—good or bad—in addition to being a medicine, a preservative, an antiseptic, an irritant, a poison, a symbol of sociability, and what not. . . . Although the craving for alcohol may have had its origin in social, domestic, economic or other insecurities, the paradoxical fact remains that the alcoholic feels secure when under the influence. The egocentricity in alcoholism is a marked symptom. . . . The solution of this complex problem . . . necessitates the judicial and objective probing and analysis of those who are scientifically and humanistically minded.—S. L. KATZOFF, *Psychological Aspects of Alcoholism*, *Natl. Eclect. Med. Assn. Quart.*, 34, 1943.

Propaganda

Cheap to produce, easy to diversify, with an available market of possibly 50 per cent of the population, defended by advocates as brilliant as the legal profession evolves, fortified by social influences as powerful as wealth, favored by historic precedent, and above all, backed by massed capital which can dominate the press, invade literature, emblazon its wares in a hundred types of publicity, alcohol today commands unequalled propaganda.—ROBERT S. CARROLL, M. D., *What Price Alcohol?* 152.

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J. Edgar Hoover, F.B.I.

"I am not easily shocked nor easily alarmed. But today, like thousands of others, I am both shocked and alarmed. The arrests of 'teen-age boys and girls, all over the country, are staggering. Some of the crimes youngsters are committing are almost unspeakable. Prostitution, murder, rape. These are ugly words. But it is an ugly situation."

Mr. Hoover presents the following data: "In the last year 17 per cent more boys under 21 were arrested for assault than the year before, 26 per cent more for disorderly conduct, 30 per cent more for drunkenness, 10 per cent more for rape. And that despite the fact that many of this age group had already gone to war or were productively employed. For girls, the figures are even more startling; 39 per cent more for drunkenness, 64 per cent more for prostitution, 69 per cent more for disorderly conduct, 124 per cent more for vagrancy.

"And these were only the ones who were arrested—advanced cases."—*N. Y. Herald-Tribune*, June 28, '43.

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No Longer a Man's Sanctum

There is abundant evidence that women are using licensed houses to an extent hitherto unparalleled. No one has put the case better than the chief constable of Newport. He told the local justices that, in the past, the public-house has been, in the main, a man's sanctum—now women have formed the habit of visiting public-houses regularly.

In this area as many as eighty women have been observed at one time in a licensed house. Women are now not only do-

ing men's work, but are gradually acquiring the habits of men, not only women in the services, but those in industry as well.

Whether this will continue in the post-war years the chief constable is unable to forecast. But, he says, "it presents an interesting sociological problem which will have to be solved by those interested in the licensed trade and by those responsible for enforcing legislation."—*Brewers' Journal*, London; quoted in *The Alliance News*, Sept., '43.

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Increasing? Why?

Ten years ago our city prison had arrests of about 15,000 inebriates a year. This has risen steadily until in the last few years there has been a turnover of approximately 37,000. Formerly 1 per cent of this total represented female inebriates. Now 8 per cent are women. The approximate annual cost, exclusive of salaries for police officers involved, is \$32,000.—NATHAN ADLER, Chairman San Francisco Committee on Alcoholism, Mental Hygiene Society of Northern California.

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How Much is "Too Much"?

In war time young men and women are thrown into situations which encourage excess. There is one thing which can knock the sense of responsibility sideways. That is a drop too much of alcohol. The doctor knows that the "binge" often leads to a night out between a man and a woman, and that casual sexual relationships often end up in venereal disease. A hospital full of cases means a loss of tanks, loss of aeroplanes, loss of guns, loss of happiness, loss of health, loss of efficiency.—H. C. CLEGG, M.D., Assistant Editor, *The British Medical Journal*, in a pamphlet written for the Ministry of Health.

In a race formerly solid, rustic, tough against fatigue, but where alcohol and syphilis had opened suppurating wounds, the skeleton shrank, the tissues became lax, the resistance disappeared. Neither from the point of view of endurance nor of training was the soldier of 1940 equal to that of 1914. Very limited ability in marching, even less capacity for work, insurmountable need of sleep—these were the characteristics of the soldier of 1940.—GENERAL HENRI HONORE GIRAUD, *Life*, Feb., '43.

Alcohol and Vitamins

By W. McADAM ECCLES, M.S., F.R.C.S.

Today "The Vitamin is News." Yet vitamins, practically unknown before this century, have been with us always in our bodies because in our food.

1. Vitamins in General.

They are essential to our well-being.

They have jumped into fame, the more so as their number increases and they are classified under the letters of the alphabet.

There are now at least Vitamin A, Vitamin B₁ and B₂, Vitamin C, Vitamin D, Vitamin E, and we are beginning to wonder when the last (perhaps not the final) Vitamin Z, will be known!

But it does not do to be facetious over these wonderful chemical bodies. They know how to "hit back."

Take one example:

There was a Sergeant Major who, working in an office in an outpost of Empire, for two years, with little exercise, and too much drink, developed, and that rapidly, many of the signs and symptoms seen in chronic heart disease, and had to enter hospital. There he was treated with all the approved medical round for such cases, but for a whole week with little improvement. Then it crossed the mind of an R.A.M.C officer, that here is a sergeant who has had full, excellent diet, but admits three or four glasses of beer a day, whose colleagues, however, think this amount might be doubled! The medical officer knows that alcohol in this amount is bound to interfere with the function of Vitamin B₁, so he experiments. Puts the sergeant on full doses of Vitamin B₁ in the appropriate manner, and, of course, does not renew the doses of alco-

Condensed from "Alcohol and Vitamins," by Dr. W. McAdam Eccles, Consulting Surgeon to St. Bartholomew's Hospital, London, England

hol. Almost a "miracle" results; within five days an almost dying man has so far recovered as to be fit enough to board a hospital ship and come to England!

Note the combination of treatment: knock off the alcohol, but hardly any improvement; add the Vitamin B₁, and the trick works.

2. Alcoholic Beverages and Vitamins.

(a) No alcoholic beverage contains any vitamin.

(b) BEERS—(ale, stout, porter).

Many drinkers still have a notion that beers must contain vitamins on account of the fact that yeast is so often used in their manufacture.

However, if all the yeast is removed, as it is in clear pale ale, after its work is done, no vitamin can be present. It is possible that in "turbid," that is muddy beer, a beer which is generally considered as an "imperfect" beer, a very minute quantity of vitamin might be present, but as an adulteration.

(c) WINES—(sherry, hock, champagne, port, etc.).

These are all made from grape-juice, and, therefore, thought by some that they must contain vitamins. In the process of fermentation any vitamin in the grape is destroyed, and no wine contains any vitamin.

(d) SPIRITS—(brandy, whisky, gin, rum, etc.).

Spirits have such a high percentage of alcohol that no vitamin could possibly "live" unaltered in any one of them.

In conclusion, then, not a single variety of alcoholic beverage contains any variety of vitamin, and no form of intoxicating liquor can be of value as a source of vitamins.

3. The relation of Alcohol to the functions of Vitamins in the Human Body.

Alcohol tends to diminish the activity of vitamins in the human body, and in the following ways:

i. It may destroy vitamins in food taken into the stomach, especially those in fresh vegetables. Hence, alcoholic beverages, particularly spirits, taken with meals, act deleteriously in this manner.

ii. By producing anorexia, that is, loss of appetite, and so

food containing the essential vitamins is not taken in sufficient quantities for proper health.

iii. By causing imperfect digestion, so that vitamins in the needed amounts do not reach the blood-stream.

iv. By causing deficiency of hydrochloric acid, in the gastric juice, and thus tending towards alkalinity rather than the necessary acidity for proper digestion, makes the important Vitamin B₁ to be useless.

v. By damaging the liver tissues when alcohol reaches that organ, it again prevents the normal functions of the liver cells in making use of Vitamin B₁.

4. Alcohol by its effects in relation to vitamins in the human body may allow the onset of certain diseases, some of which are very serious.

i. Nervous diseases. Of these what is called beri-beri, and what is termed alcoholic neuritis, are the most common. It used to be thought that polished rice alone was the cause of beri-beri, but now it is known that the taking of alcohol allows the conditions to appear much more readily.

Further, it was considered that alcohol alone would produce the inflammation of the nerves, but now it is known that the destruction of B₁ is the real cause.

In addition, certain very grave brain affections may occur from a deficiency of Vitamin B₁; especially with a plus of alcohol.

ii. Cardio-vascular disease. More persons die nowadays from diseases of the heart and blood-vessels than from diseases of the lungs. This is in part due to the rush and worry of life, but it is also due to vitamin deficiency associated with the drinking of alcohol, and it appears to be on the upward trend.

iii. Gastric ulcers. Ulcers of the stomach are becoming more and more thought to be in part due to a deficiency of Vitamin B₁, and this lack is now quite certainly known to be associated with the alcoholic beverage habit.

Space will not admit of more examples of the same kind of danger from want of necessary vitamins allowing disease to occur in those who are not abstainers. It is safer to avoid a drug which has no partnership with vital vitamins.

Alcohol and the Instincts

By BEDFORD PIERCE, M.D.

London

HUMAN BEINGS in common with animals possess instincts which form an integral part of their nature, however completely they may be under control. In mental disturbance there is generally some breakdown in the control, so that insanity may be regarded as a disorder of the instincts.

This is true of alcoholic intoxication when the removal of the higher control releases instinctive tendencies. The three main instincts, the ego, the herd, and the sex instinct, are all affected. Indulgence in alcohol is essentially egocentric, and euphoria is only too often obtained without regard to the claims of others. The alcoholic addict is peculiarly selfish, and a drunkard may break open his child's money-box to get coppers for a drink. The herd instinct, when released by mild intoxication, leads to effusive camaraderie. Yet the chronic drunkard is often solitary and anti-social or suspicious of everyone. Alcohol certainly reduces sexual self-control and makes continence more difficult, and at the same time it weakens judgment, so that the dangers of promiscuity are ignored. It would be difficult to overestimate the influence of alcohol in morals or its rôle in the spread of venereal disease. Its disturbing effect on the sex instinct is obvious, apart from any question of gross immorality; it is seen in the region of thought and imagination. When it was the custom for men to drink much wine at dinner parties it was recognized that the character of the conversation deteriorated, and the ladies were expected to retire early from the table.—From *A Review of the Effects of Alcohol on Man*, "Mental Effects of Alcohol," 118-119; chapter by BEDFORD PIERCE, M.D., London; Victor Gollancz, Ltd., 1931.

The alcoholic is a source of infection spreading his disease as much as any Typhoid Mary.—DR. NATHAN ADLER, San Francisco, Calif.; Mental Hygiene Society of Northern California.

BRING ALCOHOLISM OUT

(Continued from Page 46)

will be removing one source of infection in the community. We will isolate those who are incurable and treat effectively those who respond to treatment. The thousands of dollars now spent in each city with little effect, in turning drunkards in and out of jail on a perpetual merry-go-round, can be spent fruitfully, so that it gets results.

No disease has ever been successfully combated while people have been ashamed of it and whispered about it. Alcoholism should now be smoked out into the light of day. Instead of helping families hide the shame of the alcoholic, we have the responsibility of developing clinics and hospital facilities, training social workers, doctors, teachers and ministers, so that the afflicted and their families will know the resources which can bring help and cure.

Tuberculosis affects about three persons in every thousand; social diseases affect about five in every thousand. Although we have never developed the accurate kind of statistics that would be part of a treatment program, it is estimated in responsible places that alcoholism affects from seven to nine persons in every thousand of the population.

Alcoholism is our greatest single public health problem that is not receiving systematic consideration. Prevention and treatment are the two edges of the same sword. As citizens, in our civic activities, we must awaken the community to use both edges of the weapon with which we fight for a happy and healthy world.

SOME THINGS OUTMODED

Many things my father did and some ideas he had are outmoded in my catalogue of standards. Still with our fuller knowledge, scientifically acquired and supported by a cultivated moral sense, I cannot do otherwise than oppose the use of beverage alcohol in any form in any quantity, or on any occasion. Furthermore, scientists, economists, moralists, religionists, and experience are on my side.—UNCLE BARNEY, *The Westministerite*, Boston, Mch., '43.

WHILE SOCIETY has always been more or less interested in the subject of alcoholism, it has shown little if any tendency to base opinion and action on scientific findings relating to alcohol. The chief obstacle to progress in the scientific solution of problems concerning alcohol lies in the existence of a prevailing *body of public opinion which is apathetic to this approach.*

—DWIGHT ANDERSON, "*Alcohol and Public Opinion*,"
Quart. J. Studies on Alcohol, Dec., '42.

The Meaning of Alcohol as a Psychological Drug

By ALBION ROY KING

Dean of Men, Cornell College, Mt. Vernon, Iowa

THE NATURE of alcohol as a psychological drug should be thoroughly explored and exploited for popular education. This will take us into an understanding of its use as related to the fundamental motives and drives of men and the peculiarities of personality development.

The psychiatrists who work primarily with the problems of acute addiction and cure for a long time have approached the problem from the angle of motivation. Alcohol addiction is a mechanism of compensation or defense in some personality maladjustment. Cure must proceed from a careful analysis of such a situation in each case. The general psychologist has an important contribution to make from his analysis of normal human behavior.

Popular education has been preoccupied mostly with effects, and too largely in their extreme manifestations. Teaching of the subject has too long been left to the department of physiology and hygiene. Now it should become one of the concerns of the psychologist, the department of mental hygiene, and of guidance.

SEEKING ESCAPE

Drinking is a manifestation of the wish to escape reality. One eminent authority has concluded that alcoholism is basically a revolt against reality, rather than an escape. Many have found the answer in the doctrine of compensatory behavior, while others are convinced that such conduct is a form of infantile regression to the omnipotence of childhood. The psychoanalysts maintain that it is homosexual in origin and thus psychogenic. To some, ego-striving and status-seeking are the answers, while emotional immaturity, emotional instability and emotional inadequacy provide the explanation to others engaged in causation research in alcoholism.—J. P. SHALLOO, *Quart. J. Studies on Alcohol*, Vol. 2, 12, 1941.

QUANTITY CONSUMPTION

The American people are now drinking liquor at a rate never surpassed in the history of the country. . . . Liquor consumption has increased steadily since repeal of prohibition in 1933. From the 1934 figure of 58 million, it has shot up to 158 million gallons in 1941. By far the greater part of this is domestic rye and bourbon. Imported Scotch whisky is only one-twentieth of the total—or about 7,200,000 gallons.

Yet it is remarkable that the British have maintained their deliveries of Scotch whisky, despite hell and high water. The ships which come here for Lend-Lease supplies are loaded with Scotch whisky, sale of which creates practically the only dollar exchange the British now have.—DREW PEARSON, *Washington Post*, Dec. 8, '42.

Ration food if you will. Ration coffee. Freeze the price of milk. Put a farmer in jail for selling the hind quarter of a beef killed on his own feed lot. Do anything in the wide world, under the star-spangled dome of heaven to win this war. But if you touch liquor you are just a wall-eyed crepe-hanging fanatic.—WILLIAM ALLEN WHITE, *Emporia Gazette*.

Brewers must think ahead in preparation for a far greater patronage by women of the licensed houses in the post-war than in the pre-war period. That at least is how we see it.—*Brewers' Journal*, London.

Preparing for Post-War Situation

In England

Taking as a title "After This—What?" Dr. Courtenay C. Weeks, M.R.C.S., L.R.C.P., noted scientific writer and speaker, author of *Alcohol and Human Life*, in a London address, January 27th, '43, discussed the part that scientific temperance might play in the national and international life of the post-war future.

Dealing with the sociological conditions that then may be expected, unemployment, crippled childhood, mal-nutrition, underfeeding, poverty, crime, disease, insanity, Dr. Weeks asked his audience to consider how far alcohol enters into this picture, and to state concisely what should be their aim, not merely as those interested in temperance, but as citizens with a greater responsibility for world order.

Unemployment, he said, led to "fundamental biological frustration of those great instincts and sentiments which converge in Self, Society, Sex, dethroning human life by denying it the opportunity of expressing one of its highest gifts and powers. its self-expression in creative work, and preventing it enjoying the fellowship and joy of married life in the home."

"Want, ignorance, disease, squalor, idleness, the giants on the road of reconstruction," he said were a four-fold picture of the drink-captured home.

With regard to alcohol, sexual crime and immorality, he referred to Lord Dawson of Penn's recent remarks and the effect of cocktails on certain sections of society, and upon consequent venereal disease, "where it is such a potent agent increasing and releasing sexual desires, blunting conscience, breaking inhibition and diminishing control."

As to the future, he suggested:

(i) That there should be a tightening up of the administra-

Condensed and slightly altered from *The International Record*, London.

AMONG THE MAJOR reasons why social progress has been so slow is this fact, that men have *drowned their miseries in drink* instead of putting their wits to work to find out how to cure them.

—DURANT DRAKE, *The New Mortality*.

tion of existing laws, especially with regard to intoxicated motorists, and clubs.

(ii) The need for greater protection of the native races, and the fullest expansion of the International Temperance Union as a power agent for the bringing in of that world of peace and brotherhood to which we look forward.

(iii) A new approach in school lectures in coöperation with the authorities concerned.

(iv) That the great dynamic which made and still makes the temperance movement was, and must be, religion. In the midst of this great war we see the failure and futility of scientific humanism. We have "explored avenues," forgetting that "He is the way"; we have talked about economics and science, teachers and reformers—the world does need reformers—but it needs supremely the Redeemer.

STUDENT IMPRESSIONS

(Continued from Page 48)

the use of beverage alcohol. However, the school did not decide upon any plan whereby the teaching of the effects of alcohol could stress total abstinence principles. Quite a few of the members of the class were concerned over the rehabilitation of alcoholics. The temperance workers, in the main, favored the working toward prevention of the use of alcohol rather than the "mopping up" of the results of the traffic.

One of the interesting features of the school was the reaction of the different types of individuals and the interplay of minds centered on the various aspects of the alcohol problem. Interest gained momentum during the five weeks and all were stimulated by the wide range of knowledge and gracious personality of the Director, Dr. E. M. Jellinek.

PURPOSES OF THE ASSOCIATION FOR 1943-44

SEEK the Truth fearlessly, wherever it may be found, wherever it may lead.

Promote and provide material for study, discussion and instruction on the *Liquor Problems of Today*, making it available especially to colleges and other institutions of higher education.

Cooperate with and encourage faculty members, student leaders and workers among students *in taking leadership* in a new educational movement on these problems in the community and the nation.

Examine—and evaluate—the conventional thinking, assumptions and social customs that give support to alcoholic culture and alcoholism.

Give attention to the social and national welfare aspects of the problem of alcohol, to the *concern that sees beyond self and group* to the health and safety of society.

Aid in the creating of an educational leadership toward solution of the problem in America and the world.

Specifically: Make *easily accessible*, through THE INTERNATIONAL STUDENT and pamphlet publications, the latest and best information to accomplish these purposes.

FORM OF BEQUEST

I give and bequeath to the Intercollegiate Association for Study of the Alcohol Problem, a corporation of the District of Columbia, Washington, D. C., the sum of dollars, to be used in the work of the Association.

Headquarters, 12 N. Third St., Columbus, Ohio.

IF LIBERTY be regarded as a social ideal, the problem of establishing liberty must be a problem of organizing restraints.

—L. T. HOBHOUSE.



A VIEW OF YALE DIVINITY SCHOOL
HERE WAS HELD THE YALE SCHOOL OF ALCOHOL STUDIES,
JULY AND AUGUST, 1943

JANUARY
1944

THE
INTERNATIONAL

STUDENT

OF LIQUOR IN LIFE TODAY

IN THIS NUMBER---

*The Scientific Approach
Alcohol and Vitamin Deficiencies
Renewing Educational Leadership
Major Health Problem
Cleveland Extends Yale School Idea
Significance of Health Approach
Advertising to Create Attitudes
The Cult of Alcoholic Culture
Twelve Steps Toward Solution
A Working Bibliography*

A VIEW,
WESTERN RESERVE UNIVERSITY,
CLEVELAND, OHIO

democracy
something
deeper than
liberty; it is
responsibility"



THE INTERNATIONAL STUDENT

JANUARY, 1944

Vol. XLI, No. 3

HARRY S. WARNER, *Editor*

OUR CUE for understanding the effects of alcohol is the history of mental growth. Disintegration follows the reverse order of development. The normal mind passes through three levels of growth from infancy to adulthood, and the effects of alcohol fall into three stages, clearly marked by their correlation with these levels. The word "levels" is used in describing the growth of mind because each level continues as an active part of the total self.

—ALBION ROY KING, *The Psychology of Drunkenness*, 1943.

The discontinuance of alcohol as a beverage would be the greatest advance in public health since the application of the bacteriological origin of disease.—GEORGE B. CUTTEN, President, Colgate-Rochester Theological Seminary, former President, Colgate University.

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The Scientific Approach

To the Problem of Alcohol

By E. M. JELLINEK, Sc.D.

SOME PEOPLE believe that science alone can offer solution of the problem of alcohol. Others may doubt the usefulness of the scientific approach, but with open minds reserve judgment until the case for science has been made. To those who believe that the only solution lies in science, I would say that they go beyond what the seasoned scientist believes. Solution can come only from the citizen. But the scientific facts, and *particularly scientific thinking*, may aid the citizen greatly in finding solution.

Scientific Thinking

A philosopher has said that the scientific attitude, in some respects, is unnatural to man. What he meant is that by nature man's thought is governed by sentiments and wishes, and that it takes a special effort to guard the thought processes against the intrusion of emotions and wishes. Scientific thinking is determined by such an effort, which in practice is never completely successful.

Much more characteristic of the scientific attitude is the recognition that observation does not in itself necessarily reveal the truth. Observation may be insufficient. The observation of a child in a moving vehicle gives the child the impression that the trees and houses are moving. For thousands of

Condensed from "Science and the Alcohol Problem," the opening lecture delivered by Dr. Jellinek, Director, at the Yale University School of Alcohol Studies, New Haven, Conn., July 7 to Aug. 13, 1943. In this lecture the Director gave to the School a broad view of the relation of science to the problem of alcohol, as a foundation for the serious work of nearly six weeks that followed. Dr. Jellinek is Associate Professor of Applied Physiology at Yale, and Managing Editor of *The Quarterly Journal of Studies on Alcohol*.

years men saw the sun rise and set. Reason told them that the sun rotated around the earth; but reason lacked sufficient knowledge.

Now it is of particular interest to us in our discussion of the scientific attitude, that the discovery that the earth is not static should have aroused antagonistic emotions. Nobody could have a vested interest in the immobility of the earth, nor could it be the object of anybody's wishes. Nevertheless this discovery came into conflict with wishes, for it implied that if the authority of the ancient philosophers, on which our forefathers had relied for hundreds and hundreds of years, was shown to be faulty in this instance, it might be faulty in many or all instances. Thus the discovery threatened to rob man of his sense of security in forming judgments; it took his authority away from him, deprived him of landmarks from which he could take his orientation. It was a threat to the security of the reasoning of those times. It was natural for men of that time to wish that this discovery should not be true. That they were not able to look forward to a new security, was due simply to their lack of scientific thinking. That wishes and anxieties may stand in the way of the discovery of truth is well illustrated in this example.

The Testing Attitude

The outstanding characteristic of the scientific attitude is not merely the making of observations, but the testing and re-testing of them and their significance in the light of all the facts that have a bearing on them. A scientific belief is based, not merely on what is called evidence, but on tested evidence. It is held because of its truth, or what may be regarded as its truth within the limitations of the knowledge and the facts at a given time.

Non-scientific opinion is based on what we call reason; therefore it may or may not represent truth. In other words, non-scientific opinion is held, not because its truth has been tested, but because it expresses the believer's sentiments and wishes which may or may not cover the truth. In many aspects of life scientific truth cannot be held, but only non-scientific belief; in these cases non-scientific belief is by no



DR. E. M. JELLINEK, DIRECTOR,
YALE UNIVERSITY SCHOOL OF ALCOHOL STUDIES

means of a lower order. But where scientific evidence and scientific testing may be obtained, judgment should not be left to easily deceiving and easily deceived reason. For reason may be plausible and convincing in the absence of evidence.

For illustration, in the pre-refrigerator and pre-ice-box days, it was a custom, when preparing geese for a big dinner, to hang them out of a window on a cool night to get them tender. In a certain university town the students would slip around

with pruning shears and clip off the geese. One night the goose of the President disappeared, and the rumor spread that the brother of a young professor was the perpetrator. The young professor was greatly embarrassed. Calling on the President, he proved in a long speech that it could not have been his brother. Listening attentively, the President said, "My dear colleague, your irrefutable logic has convinced me. But I saw him cutting the goose off."

Need for Re-testing

Even in science we find arguments which do not stand the test, not because their logic is faulty but for other reasons. Lord Kelvin once gave mathematical proof that a machine that is heavier than air could not fly. His proof cannot be refuted. It is correct, but it started from wrong premises. We are able to argue quite logically from wrong premises and with perfect logic to arrive at wrong conclusions. The premises, therefore, as well as the logic of a scientific argument must be subjected to analysis.

Meaning of Scientific View

What does it mean to have a scientific view of a given matter? There are great misunderstandings relating to this subject even among scientists. Some think that a scientific view is valid only when it is expressed in terms of measurement, or only when facts are enumerated and described. There is also misunderstanding of the meaning of the word "facts."

When we speak of biology we usually have in mind descriptive zoology, botany, plant physiology, or human physiology. But these sciences are not biology; they are biological sciences. Biology itself is a set of abstractions related to life, abstractions which have been derived from the biological sciences. In the abstractions of biology the initial raw material may disappear entirely. There is no more reference to the organs of animals, or plants, or chemical functions; only laws appear which have been derived from a synthesis of the findings of the biological sciences.

The philosophical systems of science demand coördination, and this idea of coördination is often misunderstood. It is believed that coördination means to take the data of different

sciences and record them in columns, in one, the bio-chemical findings, in another the psychological findings and so on. This, however, only gets the data into good order. Coördination, in the sense of the philosophy of science, means to synthesize all the data into new, meaningful information, in which the primary nature of the data vanishes and is merged into anonymity.

Scientific View of Alcohol

What does it mean to have a scientific view of the alcohol problem? Does one who enumerates the findings of the physiologist, the biochemist, or the experimental psychologist on the effects of alcohol, have a scientific view? Not necessarily. If the evidence that is utilized is not examined for its limitations and implications, the answer is no. The mere enumeration of facts is not the scientific view. The scientific view of the question is one in which those aspects of the alcohol problem are evaluated in the light emanating from all other aspects which are subject to scientific method. The evaluation must come, not from limited evidence—let us say just the evidence of a physiologist or psychologist—but must represent the integration of all scientific evidence.

Non-Scientist Use of Science

At the beginning of this lecture I asked how the non-scientist, who is going to be effective in the solution of the problem, can utilize the findings of science. Here we run into difficulties. The layman apparently has no other means than to accept the scientist on authority. A scientist need not accept on authority the findings of another scientist. He can go into the laboratory and check on the findings of his colleagues, or he can use the survey or some other method to verify them. But the layman who wants to evaluate the findings cannot take recourse to verification. He has neither the background, nor the means, nor the time. He is urgent; he cannot put problems which require immediate attention into cold storage. The scientist says: "I shall begin immediately to investigate and, let us say, in ten or fifteen years I will be able to give you the answer." This has given science a reputation of being impractical.

Applying Scientific Knowledge

But it is fully justifiable to apply the existing fund of knowledge. You may tell the scientist that you absolve him of responsibility. You may then use the existing knowledge, which is admittedly incomplete, as long as it is applied with a realization of its incompleteness. Such solutions are only approximations, and approximations to a solution must be adjusted as scientific knowledge progresses. But the scientist cannot deny the layman the right to apply the scientific knowledge as it stands at a particular time.

When I encourage the application of existing scientific knowledge, I also point out that, in spite of the necessary acceptance of authority by the layman and his inability to check in a laboratory, he has a means of checking whether or not the authority is really an authority and whether the particular statements are authoritative. Not everything performed by men and women who are classed as scientists is science, just as not everything that is done by those who are classed as artists is art. We may have complete faith in the technical skill of a chemical investigator, but his chemical training does not insure his ability as a logician or that he can interpret his data with the necessary skill.

The intelligent layman often may check on the specialist. He may check whether there is consistency between the data presented and the conclusions drawn. Some scientists gather a large mass of data which their secretaries tabulate on long sheets. But they cannot, merely by looking at it, integrate this volume of numerical evidence into a picture. First, the scientist must reduce the bulk without losing the information that is inherent in each observation. After this reduction in bulk, there should follow analysis of the data for those laws which the observation may or may not describe. This requires special skill and much time.

Layman May Test, Not Interpret

It is permissible for the layman to test the logic of the specialist wherever possible, but the layman should very definitely refrain making interpretations on the basis of his necessarily superficial acquaintance with the specialty. Such speculations

often lead to grief. The layman has two points of knowledge, let us say, and from these makes a conclusion to a third point; but he has no knowledge of those other points which lie between the two points of his orientation. He makes his conclusions without knowledge of the limitations and implications of those two points. It is almost impossible for him to arrive at the right conclusion.

For instance, the layman hears that alcohol dissolves fat. He may hear also that many heavy drinkers are very fat. Therefore he forms a theory that all the food that the alcoholic eats will be dissolved and carried into the tissues and deposited there or some other place, or that the tissues turn into fat. But these are physiological impossibilities.

There are other difficulties to be overcome in the utilization of scientific knowledge by the layman and in his adoption of the scientific view. Science has developed a certain language, certain symbols into which much meaning has been packed. These symbols do not convey any meaning to the man outside the field of the specialist. Temperance workers, too, have a language and a set of symbols with definite and strong meanings which they do not convey to the scientist. These differences in language and symbols are a source of much misunderstanding.

There is another aspect of scientific thinking that is much misunderstood. The scientist, when he states a finding, does not connect it with qualitative judgments. This divorce of the description of fact from its ethical evaluation frequently creates, in persons who are not acquainted with scientific modes of expression, an impression of callousness. The scientist has this "cold" attitude, but only towards scientific findings. He does not necessarily extend this attitude into the social sphere. If a physiologist says that one and a half ounces of whisky taken by a man of average weight, 152 pounds, does not cause physiological impairment in that man, he does not in any way imply an approval or a disapproval of the use of such an amount. The social implications of the use of alcohol are outside of the realm of the physiologist.

Alcohol and Vitamin Deficiencies

By WILBUR L. DU BOIS, M.D.

ALCOHOL INTERFERES with the normal nutrition of factory workers in a number of ways of which two seem to contribute most heavily.

1. When taken into the body alcohol is oxidized to produce energy. An ounce by weight of pure alcohol (as much is contained in three or four glasses of beer or in three "shots" of whisky) yields 210 calories, while the same weight of granulated sugar can be counted on for 123 calories. In this respect alcohol can be classed with sugar as a food. To the extent that it is used as fuel in the human motor it replaces other foods that would be used for this purpose.

When Vitamins Are Lacking

The interference with nutrition comes in here. Food has many functions, all of which it must perform if the body is to be well nourished. Besides energy for the day's work it must supply material for building the body and keeping it in repair and must furnish the small but necessary amounts of vitamins and minerals for regulating body processes. All foods when consumed in the body furnish energy but not all supply vitamins and minerals. When the diet fails to provide enough of these vital elements deficiency symptoms develop. These may manifest themselves in impaired eyesight, surly temper, lack of

Condensed from "What Causes Absenteeism?" by Wilbur L. DuBois, in the *Christian Century*; used by permission. Dr. DuBois is with the Health Department of the City of Milwaukee, Wis.; formerly a food chemist in the U. S. Department of Agriculture, he served as a chemical engineer during the First World War.

muscular coördination, reduced strength and endurance. Resistance to infectious diseases is lowered and sickness occurs.

To the extent that alcohol replaces natural foods in the diet this condition is aggravated. If his energy is being supplied by alcohol, the drinker's appetite for other food is destroyed. With sedentary workers who drink heavily alcohol may crowd out of the diet as much as 75 per cent of the food that would be used under normal circumstances. The disturbance to metabolism in such cases is profound. To deprive a human body of three-fourths of the regulating materials demanded by health spells physical disaster. Such a man working in the planning office of a war plant or in a supervisory capacity in the factory is apt to disrupt production by his costly mistakes. Alcohol contains no vitamins or minerals.

Men doing heavy manual work, drinking the same amount of alcohol as their sedentary comrades, do not suffer as severely. Their energy requirements are so much higher than those of the man at the desk that they have to eat more regular food. Yet 60 per cent of them drink more or less alcohol. Nutritional deficiencies with them may not be as severe, yet at the same time they contribute materially to the staggering amount of absenteeism which is throwing sand into the gears of our war production machinery.

2. War workers today are being paid big money, but millions of them take only a small part of it home on pay day for food and other family necessities. The rest is pushed over the bar to the saloonkeeper.

In a study of one plant in our great industrial city we counted twenty-five saloons within a few blocks of the employees' entrance. Signs in the windows call them taverns but they are saloons with more allure and inducements to drink than were offered in the old days. The dolling up of drinking places is a bid for female patronage. And do they get it! At one bar we counted twenty-one drinkers, of whom fifteen were young women. At another one-third of the tipplers were girls from the plant across the street.

The factory worker can get his check cashed in the saloon

and start spending his money right there. Some taverns feature this service. In one we visited the proprietor goes to the bank on the morning of pay day and comes back with a bag full of money. At the end of the afternoon shift the men pile into the saloon and line up at a wicket behind which a cashier functions as smoothly as a bank teller. From the wicket to the bar is only a few steps; we saw no man leave without a drink. In some instances the man behind the bar took a good slice of the check to settle an old account; another was promptly started.

One drink is only a start. Under the exhilaration of ready cash treating is common. Before he realizes it a man has several drinks under his belt and considerable of his money in the bartender's till. It can't be spent for the meat and vegetables the worker needs to keep him in good trim for the job of turning out war material and equipment.

Secretary Perkins estimated from recent factory statistics that absenteeism in war plants amounts to 5.4 per cent. This means that nearly a million workers are off the job. While a small part of this is due to accidents and short vacations, the major cause is illness. Dietary deficiencies contributed heavily to these illnesses. Alcohol, by crowding out of the diet food elements essential to health and by limiting the money available for nutritional food, is sabotaging our war plants.

THE FIRST STAGE (of alcoholic effect) is a narcosis of the self-reflective functions of intelligence. It is seen by a deadening or dulling of the three characteristics of the higher mental life, the feelings, the checks, and the sense of humor. All the weight of the world's care and anxiety, chagrin and despair, lifts off the drinker's shoulder and floats away like a bubble, leaving him with free and easy feelings.

—ALBION ROY KING, *The Psychology of Drunkenness*, 1943.

Renewing Educational Leadership

Editorial

FIRST TO SEEK "the truth, the whole truth and nothing but the truth" as to alcoholic drink and its influence in every-day living, and to promote "the truth and *nothing but the truth*," is the most lasting—but most widely overlooked—approach toward solution of this complicated, controverted but growing personal and social problem of today.

To seek and to bring out for practical service the scientific information that has been accumulating in recent years, to add to it the tested results of practical experience, to relate the facts and their meaning to life as it is ordinarily lived and must be lived under modern conditions, and to examine the meaning of the alcoholic desire to the personality of the drinker, its action in the social group and its consequences in society, is certainly an educational aim of pertinent value and lasting worth. And this new approach is intensely needed, needed now, and in the coming post-war period of release and reaction because of the overwhelming changes that have been occurring in popular drinking customs and attitudes. It is well to ask: In what direction are they tending?

Realistic Approach

Widely, in the past few years, the impression has been growing and the statistics have been showing that alcoholic excess is serious; that there is a widening spread; that heavy drinking, more concealed than in "saloon days," is widely diffused and increasing; that adults and many, many very young people accept social drink customs to an extent not heretofore known; that accidents and death from drinking driving and drinking walking are far greater, according to safety council reports, than is revealed by the news reports; that the supply

of alcoholics, as shown by the stream of recruits entering sanitariums, hospitals, drink-cure homes, jails and prisons, and those treated or neglected privately, is steadily increasing—an accumulating mass of downward-moving humanity. And this situation is being recognized and acknowledged with new insight by those scientific men and health authorities who say that: “With tuberculosis, cancer, syphilis, mental disease and infantile paralysis receiving competent and intelligent attention, we now have alcoholism as the greatest public health problem in the present time which is not being systematically attacked.”

Leadership in Education

In the new and renewed educational approach and program on beverage alcohol of 1944 and the after-war years there is an unusual opportunity for creative leadership to college and high school educators—an opportunity made vivid, concrete and of high educational standing by the positive leadership taken, this past year, by the Yale University School of Alcohol Studies, the courses of instruction offered by twenty colleges to teacher-students and the enlarging number of high school and college instructors that are giving the problem attention from various angles in their classes.

New leadership may naturally be expected of college and high school educators, in the setting of standards in all fields of the temperance movement that are in harmony with scientific research and modern educational processes; of college students, in seeking an intelligent basis for personal attitude and social influence in the college and among the youth of the community; of the great body of college alumni who, not forgetting the inspiring outlook of their own college days, seek to have a real part in forming public opinion; of the men and women—highly and technically prepared—who are the responsible leaders of social and civic affairs and are called upon almost daily to deal with the hard realities of “excessive” and other drunkenness in the police courts, the hospitals, detention homes, the distracted and broken homes, the disreputable “joints” of any variety and the slums of city and village where the grosser and matured forms of alcoholic social and family living appear.

What other group in our national life can more naturally give leadership in supporting scientific standards, on a problem of such controversy as the liquor problem, as can the specialists in our higher schools of learning? Who more readily can gain the confidence of different groups sufficient to open the way to larger coöperation? Where else can the knowledge, the technique, the experience in organizing and leading educational activities be found on the scale required throughout the nation if real progress is to be expected? Surely, programs of action can no longer be left entirely to the reformer, the propagandist, the legislator, the politician, in so great a social movement as that of the alcohol problem. Surely it is time, abundantly ripe, for those who represent advanced education in the eyes of the public, to apply to this problem, in one or several of its manifestations, the aggressive types of thinking and speaking and writing that they are giving to a hundred great activities of the nation at war.

Lend New Confidence

Confused by the everyday contradictions connected with "drink," the sweep of social approval, the influence of "high society" over the masses who follow prestige without thinking, the evident pleasure or "kick" to be obtained in successive stages of drink-satisfaction, the attractions of the social glass, the ease and freedom from inhibition of the intoxicated hour, the advertising of the gain-seeking trade, the public income to be obtained in taxes, on the one hand, and the needless deaths and accidents in traffic and shop after drinking, the drinking and drunkenness of youth and women, the "hang-over" of the next day after, the tendency toward "excess," the impossibility of determining what excess is, the never ending annual output of addicts, and the difficulties of control, on the other hand, many realistic people—young and older—will now welcome thoughtful, comprehensive educational leadership in this problem to an extent that has not been possible in many years.

True, many people are wholly indifferent, call it all "propaganda," and let it go at that. Yet back of this disgust there is often a real concern, masked for the moment by popular attitudes that are the result of propaganda. This conscience, or intelligence, refusing to be submerged wholly, demands a more

realistic understanding, an answer to the question of why the alcohol controversy grips life so deeply, so seriously, and why it so persistently refuses to be set aside. And this interest goes far enough to make it clear that a sophisticated mask of indifference can not long be retained in the face of a vast social conflict in which, whether desired or not, all are now living.

Challenge of Its Complexity

The complexity of the alcohol problem today is enough to challenge the keenest minds of any country. For there are satisfactions, or assumed satisfactions connected with its social and personal use, that are far-reaching and forceful—as forceful as they are contradictory. The custom of expecting and accepting these satisfactions has come down, steeped in tradition, from early and very primitive days of the human race. Naturally, any program that seeks positive and lasting improvement, should be realistic enough to include ways of reaching all the sources that make the problem what it is. This is an emphasis that higher education quite naturally would give.

Under such leadership the following features doubtless would stand out:

First, frank study both of its component parts and of the problem as a whole; the sources and satisfactions, favorable and unfavorable, in the life of today. This will give opportunity to the sociologist, the psychologist, the physiologist, the health expert, the economist, the historian, the teachers of civics and philosophy, but most of all, to those who relate these separate studies to the life of youth and the public as something vital in every-day living.

Second, leadership in the forming and evaluation of social attitudes and customs. If it is true, as has been said, that 5 per cent of the people of a country lead the thinking, 30 per cent intelligently agree, and 65 per cent follow in mass-formation, the responsibility of *the five per cent* in connection with current drinking practices, trends toward reduction or excess, and the starting of those emotionally conditioned to become alcoholics, may be well-nigh overwhelming as to direction to be taken.

Third, systematic education on this problem finds a natural

place in the regular work of the higher schools and colleges. In addition to what is done in each department, or under various branches of study, college and high school educators may do much toward putting into operation higher standards and more effective projects in the surrounding communities and among civic, church, and social welfare groups, leaders and organizations.

Fourth, a new form of community education on the liquor problem may well be promoted under college leadership. To enlist the leaders of the greatest possible number and variety of welfare and public agencies in a city or county for direct study of the local situation and the forming of a coöperative program, is a new type of democratic, coöperative education that has great possibilities in it. Such forum discussion brings together the coöperation of all who have any vital service to render in scientific understanding, experience or basic philosophy. It may constitute the most effective community education that can be made under present conditions. It is a service that faculty members, in colleges, especially, are qualified to give.

Extended on a large scale, with open-minded freedom, the service that such an approach may make to the alcohol problem of today knows no limit.

Major Health Problem Of Today

SURVEYING THE SITUATION in the United States today, Dr. Lawrence Kolb, Assistant Surgeon General, United States Public Health Service, in a lecture at the Yale School of Alcohol Studies, July 9, 1943, concludes as follows:

Leads in Alcohol Deaths

Alcohol has caused more deaths in the United States than in any foreign country for which statistics are available. The reported death rate from alcoholism in the United States in 1938 was ten times the reported death rate for England and Wales. The death rate for cirrhosis of the liver in the United

States, a common cause for which is alcoholism, was three times the rate in England and Wales. Possible explanations for the higher rate here are that people have more leisure to drink and more money to buy liquor in the United States than in those countries, and that spirituous liquors are more expensive abroad due to higher taxes. It is also possible that in filling out death certificates European physicians are more inclined than ours to spare the feelings of relatives. According to available reports the per capita consumption of alcohol in the United States is not greater than it is in many European countries, but the probabilities are that the amount drunk here is consumed by a smaller proportion of the people, so that drinkers here do actually consume a great deal more than drinkers abroad.

Conclusions

Alcohol is a major public health problem that is not being properly handled by health, welfare, social and police agencies.

The problem is largely centered around the chronic alcoholic, who is not well understood and who is treated as a sinner rather than as a sick man.

Drunkenness of itself, not associated with actual disturbing social actions, should not be a cause for arrest.

The alcoholic needs more attention from physicians and less from the police.

There should be a system of hospitals in which the chronic alcoholic could receive adequate treatment.

As a preventive measure, the public conscience against excessive drinking should be built up by educational and other measures.

There is need for extensive research into all phases of alcoholism, so that more effective measures of prevention and treatment may be applied.

FITNESS TO POSSESS any privilege can be proved only by service to the underprivileged.

—HARRY EMERSON FOSDICK.

Cleveland City-Community Institute

Extends the Yale School Idea

EXTENDING TO PRACTICAL service many of the ideas and methods of the Yale University School of Alcohol Studies, there was held in Cleveland, Ohio, December 13-14, an Institute on Approaches to the Treatment of Alcoholics, under the leadership of Judge Lewis Drucker of the Municipal Court of Cleveland, who was one of the students of the Yale School in July and August.

The Institute was a two-day forum and conference, organized by the Welfare Federation of Cleveland, for the leaders and workers of welfare agencies, probation officers, representatives of hospitals, the courts, the police, the churches, the public schools and all others having to do with the growing problem of the alcoholic and his family and what to do with them. The attendance was marked and enthusiastic; it included educators, ministers—Catholic and Protestant—Salvation Army and Alcoholics Anonymous officials, and the public, as well as welfare, court, police and other representatives. All had come with a feeling that the conference was approaching the problem in a new spirit of coöperative endeavor in which all could have a part.

Having been called because of the acute problem of dealing with the steady flow of alcoholics—many of them, multiple “repeaters”—before the courts and into the jails and hospitals, attention was centered upon this definite phase, rather than alcoholism as a whole, on “the alcoholic” rather than “the alcohol problem.”

Three faculty members of the Yale School of Alcohol Studies gave lectures and led discussions: Dr. E. M. Jellinek, Director, “What is the Alcohol Problem?”, Dr. Ralph Banay,

New York Neurological Institute, "The Experience of Psychiatry," and Dr. Francis McPeck, Washington (D.C.) Council of Churches, "The Role of the Church in the Rehabilitation of the Alcoholic." And a student of the Yale School, Prof. Howard E. Hamlin, Director of Health and Narcotics, State Department of Education, Columbus, Ohio, was the speaker at the dinner conference on "Education Toward Prevention of Alcoholism," at which Dr. Arthur K. Loomis, Superintendent of Schools, Shaker Heights, Cleveland, was chairman.

The spread of the program is further shown by the session "Alcohol, Nutrition and Deficiency Diseases," at which Dr. Robert H. Bishop, University Hospital, presided and Dr. Russell S. Boles, Philadelphia General Hospital, gave the address; the session on "The Experience of Social Work with Alcoholism," with Edward D. Lynde, Welfare Federation, presiding, and Miss Marjorie Boggs, Institute of Family Service, as speaker; and the session given to "The Experience of Alcoholics Anonymous," with Elmer Laurie presiding, and the address by Dr. Robert H. Smith, Akron, Co-Founder, as speaker and leaders of discussion. The Chairmen of the Institute, Rev. A. J. Murphy, Director of Catholic Charities of Cleveland, and Judge Lewis Drucker, emphasized discussion and the coöperative use of the scientific material made available in the practical work being done toward meeting the problem in the City of Cleveland.

When Alertness is Patriotic

At a time when precision, speed, alertness, endurance, competence of body and mind are at a premium as the essentials for preservation of our form of government and a stable society, in the face of forces of disintegration and brute use of the power of enslavement, it must be evident that tolerance of alcohol, which invariably dulls the mind and slows the body, weakens the conscience and makes men vulnerable to disease, is at least unpatriotic and under some circumstances actually treasonable.—DR. HAVEN EMERSON, Professor of Public Health Administration, Columbia University.

Significance of New Health Approach

APPLYING RECENT SCIENTIFIC information brought to attention at the Yale School of Alcohol Studies of 1943, Mr. O. E. Sanden,, State Director of the Louisiana Moral and Civic Foundation, a student of the Yale School, has been including the following, in reference to the usual policy of arresting—and re-arresting—drunks:

In these days when so much emphasis is placed on public health, nutrition, vitamins, it is strange that it should come to us as new truth that the alcohol problem is one that cannot be solved by police methods alone.

Most of us today recognize that many diseases are brought about by the absence of certain essential vitamins from our diet. In a day when liquor advertisers have been so bold as to represent their products as food, and when beer bottles are included in the "food bombs" for stranded soldiers on Guadalcanal, it might be well to remind ourselves that while it is true that caloric (heat-supplying) units are to be found in alcoholic beverages, the carbohydrates, minerals and proteins are missing; in short, such a beverage diet is singularly free from the necessary micro-elements. *When a man drinks a lot he eats less of other foods, and though he may feel satisfied he is actually undernourished.*

Dr. Norman Jolliffe, of the New York University of Medicine, reminded us in his lecture on Diseases of Chronic Alcoholism of the many diseases that stem from the alcoholic's malnutrition. Beri-beri, rapidly increasing, is one of these. Neurasthenia, cramps, and diarrhea are common resultants. The lack of B1 Complex often results in circulatory and heart failures. Encephalopathy (wet brain) often brings about permanent brain injury. When there is a complete absence of B1,

Wernicke's disease may appear. There is a clouding of consciousness; inability to move the eyeball occurs; and death often follows in two or three days. Treatment with thiamine has proven very effective in warding off death. There is an increasing prevalence of liver cirrhosis (hob-nail liver). There are the coronary dilations, the fevers such as delirium tremens, not to speak of the painful hangovers which might be relieved by the skillful application at times of such drugs as benzedrine sulphate.

What policeman is going to do this? *The victim of alcoholism today must be virtually a psychotic before hospital wards are open to him.* The alcoholic releases of personality traits, resulting in anti-social behavior, are not enough to set him off as a sick man; one must discover schizophrenia or some other horrible manifestations, before he is regarded as a fit subject for attention in the crowded wards of today's hospitals. The attitude seems to be, "*Give the chronic alcoholic a gun and let him shoot himself.*"

More Restriction Needed

The action of the Army in banning all liquor except 3.2 per cent beer from the camps is a step in the right direction. It will clear up one of the worst situations,—the drinking in the officers' clubs, and is also a wholesome recognition of the law which has been disregarded.

But the churches cannot rest content with the general situation. The Canadian government has taken much more drastic measures to restrict the traffic in alcoholic beverages than have been taken in this country. People complain of absenteeism in defense industries but do little to eliminate one of its basic causes, alcoholism.

Many millions of pages of advertising of hard liquor are printed and distributed every week, while we talk of paper, labor and transportation shortages.—*Federal Council Bulletin*, New York, Mch., '43.

Let me congratulate you on the INTERNATIONAL STUDENT and the fine work you are doing.—JOHN A. THACKSTON, Dean, University of Tenn.

Advertising to Create Attitudes

By JOHN C. ALMACK
Professor of Education, Stanford University

THE STATE OF OREGON has undertaken to ban certain kinds of liquor advertising.

First, advertising that claims that liquor is a food or a remedy for any disease or malady.

Second, advertising containing a recipe or formula for using the liquor advertised.

Third, advertisements that connect liquor with a seal, coat of arms, crest, award, medal, prize, or picture of a woman, child or family scene.

Fourth, advertising associating liquor with a religious sign, symbol, holiday, festival or observance.

Fifth, advertising that associates liquor with comic strips, pets, athletes, or athletic events.

Sixth, advertising connecting liquor with great historical personages, events, or the American flag.

Seventh, references to a person, firm, or corporation as using or advising the purchase of the liquor.

A law like this is designed to make liquor advertisements cease deceiving people by claiming false values or by associating liquor with things and people which are approved. The following kinds of "propaganda" for liquor are probably contrary to the Oregon law:

"The gold medal whisky."

"Good for your health."

"Gentle as a lamb."

Some beer advertising is astonishing in its claims. A radio announcer declared, "Beer is not intoxicating." A billboard

Dr. John C. Almack is Professor of Education at Stanford University and author of *Straight Thinking on Narcotics*. Condensed from "Don't Believe It!", *Signs of the Times*, Sept. 7, '43.

advertised, "Beer is a tonic for the weak and aged."

One brewing company advised people to buy beer because "the money for beer taxes goes for public welfare and education." It did not say that the buyers pay in several times as much as the public gets back.

Beer advertisers have been eager to get their product on the table and into the food of every American family. "This is the way it used to be," their advertisements imply.

"Beer was once known as an important ingredient in cooking," was the claim made by one company preceding the reading of beer recipes over the radio.

The recipes did not sound appetizing, but they were intended to convey the notion that beer is food. It would take a strange taste to be pleased by "Chocolate Beer Cake," "Beer Bread," "Beer Spice Cake," "Beer Cabbage Slaw," "Beer and Sweet Potatoes," "Beer and Beef Kidney."

A despicable form of liquor advertising is that which plays upon love of home and parents to induce young people to drink. Three years ago there appeared a picture of a smiling lad who was writing a Father's Day greeting, the import of the message being that he was proud of his father because he knew how to "drink whisky wisely and moderately."

Do you believe that "beer served with a mother's approval and understanding" becomes an asset in gatherings of young people? If so, you can be imposed upon by liquor propaganda.

Hypocrisy of this sort is carried further in recent liquor advertising which says: "We don't want to sell whisky to anyone who buys it at a sacrifice of the necessities of life. Fine whisky can play a part in the scheme of gracious living—but only when taken in moderation and after the bills are paid."

What we call a crisis of civilization is a crisis of Man. Man is a unit. We cannot make any separation between the mind and the body.—ALEXIS CARRELL.

The inclusion of the material developed in the Yale School of Alcohol Studies is a most worth-while move on your part. As one of the Directors of the Association I want to commend your foresight.—DR. CARL D. SMITH, President, Babson Institute.

The Cult of Alcoholic Culture

*Seek the Truth
Come Whence It May
Lead Where It Will*

As Medicine, or What?

THERE ARE MANY people who are afraid to take two aspirins at a time for a cold, because of its possible effect on the heart. But these same people do not hesitate at all to take six highballs in a row. We think that this inconsistency in public opinion and knowledge should be corrected. Physicians today fully realize that alcoholism is the greatest single public-health drug problem.—DRS. LEO ALEXANDER, MERRILL MOORE and ABRAHAM MYERSON, Harvard Medical School; *Mental Hygiene*, Apr. 2, 1942.

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Return of Barmaids

Hotels in Victoria now have barmaids to serve their beer. Victoria ceased registering barmaids years ago, as a temperance gesture. The liquor seller, however, seized on wartime labor shortage to urge the re-employment of barmaids.—*The Clarion Call*, Melbourne, Australia.

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Home is Not Home

A girl with blue eyes and very blond hair stood there before the probation officer and swung her body fiercely in a gesture of defiance. "Go home," she shrilled. "What for? To live in that stinking hole? I'm on my own, see, and I can take care of myself." The probation officer sighed a little absent-mindedly. He'd known the run-away wouldn't want to go back. He thought to himself that he couldn't much blame her. What little hope the frail 16-year-old might have for the future would be dissipated in surroundings where the father was a confirmed drunkard and the mother had been driven to a frenzy

of sharp-tongued abuse by the futile task of raising a family under sub-human conditions. Parents drink and carouse openly in front of their children and the children go out and imitate them. It is not surprising, therefore, that in the Boston juvenile court, as compared with the previous year, there has been a 40 per cent increase in the number of girls brought before that court. Run-aways increased 48 per cent over the previous year and 400 per cent over 1941. Sex offenses have doubled. The average age of the girls brought before the juvenile court is just 15.—*The Boston Traveler*.

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Harvest of Underprivilege

One of the symptoms of our times is the growing tide of lawlessness, especially of the underprivileged class of the colored people. This lawlessness is closely linked up with excessive drinking, the ignorance that comes from lack of schooling, inadequate wages and the consequent poverty which is at once caused by, and is the cause of, further drinking.—*The Tribune*, Cape Town, South Africa, Sept., '43.

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Personality Slump

If you must drink, do not stand so close to persons with whom you converse; your breath stinks.

If you must drink, pick a safe and inconspicuous place to do your vomiting; not the sidewalk.

If you must drink, don't boast of it; people pity the victim of a drug; you're not a hero, you're a boor.

If you must drink, don't take a swig from your bottle in public; babies feed from bottles in public.

If you must drink, arrange so you will not march through trains, buses, street cars insulting citizens who will have to pay for your arrest.

If you must drink, don't chase your pink elephants around in public places where you intrude on the rights of others.—Condensed from *Spotlight*, Minneapolis, Minn.

Your aims and accomplishments, . . . and the danger of liquor to our national life and to our war effort make me double my gift of last year. I would like to multiply it—not by 2 but by 100. Enclosed is check for \$10.00.—B, B. M.

Twelve Steps Toward Solution

By JOY ELMER MORGAN

THE ULTIMATE goal of anti-liquor strategy is to produce a generation of men and women with such a high regard for the sacredness of human personality that no one who pretends to be intelligent will want to destroy his higher possibilities by the use of liquor. Here are twelve ways to beat the liquor traffic:

FIRST. *Keep smiling.* The world does not like soreheads. It likes people who can smile and fight on in spite of every obstacle and discouragement, without being mean or ill-mannered or careless of the finer relationships among men.

SECOND. *Spread facts* about the harmful effects of liquor. Science is all on your side. It is on the side of *abstinence*, not moderate use. No one has ever been found who could perform as well on delicate psychological tests even after a glass of beer. The Swedish Army made an experiment to see whether alcohol has any effect on marksmanship in shooting. A member of the medical corps chose the best marksmen and had them fire a series of shots at a target about two hundred yards distant. Then he gave them a little brandy and set them to fire a second series of shots at the same target. Without drinking alcohol they hit twenty-four out of thirty shots. After drinking alcohol they hit three out of thirty shots. The doctor repeated the experiment at different times and always got about the same results.

THIRD. See that the *facts about beverage alcohol are taught* in all schools and colleges. Laws in every state require the harmful effects of narcotics to be taught in the schools. Make this teaching effective and fight off those who would cripple it. See that members of boards of education are favorable to the

Dr. Joy Elmer Morgan is Editor of *The Journal* of the National Education Association, Washington, D. C. This article is condensed from the *Baptist Training Union Magazine*, Sept., '43; used by permission.

honest carrying out of these laws.

FOURTH. See that liquor is *kept out of high school and college life*. Look out especially for the effort to invade fraternities and sororities and for high school parties in private homes which serve liquor. You can at least keep your sons and daughters away from such parties. Encourage young people themselves to enlist actively in the war on liquor.

FIFTH. Do not support newspapers and magazines which carry liquor advertising. Stop your subscriptions to such magazines and write them the reason. Get church groups to join in the effort. It has a marked effect.

SIXTH. Write members of Congress and radio stations insisting that all liquor advertising be kept off the radio. The radio channels belong to the people and should not be used to debauch home life.

SEVENTH. Make war on gambling and vice. Liquor, gambling, and vice go together. Each makes people irresponsible and helps the other.

EIGHTH. Prefer hotels without bars and cocktail hours. If you must use such hotels let the manager know you object to the public serving of liquor.

NINTH. *Provide acceptable substitutes*. Drinking has been so deeply established in social habit that it cannot be uprooted without putting something in its place.

TENTH. Beat the corrupt city bosses. The ultimate stronghold of liquor is the big cities. Many of the big city political machines are maintained by income from the underworld. There can be no successful restraint on the liquor business in these cities until they achieve honest government.

ELEVENTH. Refuse to elect drinking men or friends of the liquor traffic to public office. Liquor is used today on a large scale to debauch and befuddle public men—to obtain legislation, war contracts, special favors.

TWELFTH. Organize, work, give, and teach. War against alcohol slavery like war against the Axis slavery is a major enterprise calling for great sacrifice and sustained effort. It must be fought by people with vision and patience and courage and good will who wish to help make America worthy of the leadership of the world.

WHILE OUR SCIENTIFIC friends tell us that we need more knowledge about alcohol, we have enough already to occupy us for some time to come in emotional interpretation to the public.

—DWIGHT ANDERSON, Lecture,
Yale School of Alcohol Studies.

A Working Bibliography of Scientific Publications

EDUCATIONAL; FOR TEACHING

The Alcohol Problem Visualized, by the Editorial Committee of the National Forum. "Visualized" is its distinctive characteristic—vivid, dramatic, highly illustrated, yet scientific, objective, factual. The important facts, findings, and figures of specialists. 1940; 96 pages; 75 cents. The National Forum, 417 S. Dearborn St., Chicago, Ill.

Alcohol the Destroyer, by C. AUBREY HEARN, LL.B. A wide examination of the unfortunate consequences of alcoholic liquors in daily living, organized as a study book for youth of high school age in attendance at church schools. It brings out "the Nature of Alcohol," as it injures "Health," "Mind and Personality," "Moral and Spiritual Values," and "Society" and encourages youth to face the question, "To Drink or Not to Drink?" 149 pages; 1943. Cloth 60 cents, paper 40 cents. The Broadman Press, Nashville, Tenn.

SCIENCE HAS a tendency to delay action. From this standpoint it is impractical. It tries to postpone until more knowledge is gathered. We cannot wait for that. In practical life we have to act on the basis of such knowledge as we have, as if what we knew were sufficient for action.

—E. M. JELLINEK, Director,
Yale School of Alcohol Studies, in discussion.

What About Alcohol? by EMIL BOGEN, M.D., and L. W. S. HISEY. An attractive volume giving in 17 brief chapters the latest scientific information adapted to high school levels; useful to teachers and students. 1939, 94 pages, \$1.50. Angelus Press, 1240 S. Main St., Los Angeles, Calif.

Alcohol; Its Effects on Man, by HAVEN EMERSON; authoritative, concise; 1934, \$1.00; D. Appleton-Century Co., New York.

A Syllabus in Alcohol Education, by BERTHA RACHEL PALMER. A compact digest of scientific information. Sixth edition. Completely revised, 1941; 25 cents. National W. C. T. U. Publishing House, Evanston, Ill.

Suggestions for Teaching the Effects of Alcohol and Other Narcotics, JOHN A. PERMENTER, Bulletin No. 22-k, Florida State Department of Education, Tallahassee, Dec., 1941.

Straight Thinking on Narcotics, by JOHN C. ALMACK, Ph.D., Professor of Education, Stanford University. 1940, 178 pages, \$1.25; Pacific Press Assn., Mountain View, Calif.

Alcohol Talks to Youth, by HOWARD E. HAMLIN; revised, 1938; 25 cents; School and College Service, Sta. B., Columbus, Ohio.

SCIENTIFIC; HEALTH; THE PROBLEM IN GENERAL

The Advancing Front of Medicine, by GEORGE W. GRAY, M.D. Chapter V, "Drink," is a concise, non-technical and up-to-date summary of the established scientific information as to beverage alcohol and its effects in human life. 1941. Whittlesey House, New York and London.

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Alcohol and Man, HAVEN EMERSON, M.D., Editor. A comprehensive and substantial survey of scientific information on the physiological, psychological, health, chemical and all related phases of the alcohol problem by sixteen leading scientific experts in their special fields. 450 pages; 1939, \$3.50. Macmillan Co., New York, N. Y.

Alcohol Explored, by HOWARD W. HAGGARD, M.D., and E. M. JELLINEK, Sc.D., is an all-over survey of scientific information on the alcohol problem of today, including, especially an exploration of recent and earlier findings as to "why some men become excessive drinkers and why some excessive drinkers become addicts." Representative chapters include: "The Alcohol Problem Defined," "What the World Drinks, and How Much," "What Happens to Alcohol in the Body," "Alcohol and Behavior." Dr. Haggard is Director of Applied Physiology at Yale University. 297 pages; 1942; \$2.75. Doubleday Doran & Co., Garden City, N. Y.

Effects of Alcohol on the Individual, by E. M. JELLINEK, Sc.D. Edited on behalf of the Scientific Committee of the Research Council

on Problems of Alcohol. A highly scientific digest of a vast number of volumes and articles on alcoholism; alcohol addiction and its treatment; alcoholic mental disorders; vitamin deficiencies in alcoholism; scientific tables and much bibliography. 1942; 366 pages, \$4.00. Yale University Press, New Haven, Conn.

Alcoholics Anonymous, the story of how more than 6,000 men and women have recovered from alcoholism; a study of chronic addiction with case histories of those who have conquered the habit. 1942, 400 pages, \$3.50. Works Publishing Co., New York, N. Y.

Alcohol and Human Efficiency, by WALTER R. MILES, Ph.D. A noted book of research, with detailed report of extensive experimentation with moderate quantities and dilute solutions of alcohol. Written in 1924, it is of highest permanent value. \$3.00; The Carnegie Institution, Washington, D. C.

Effects of Alcoholic Drinks, by EMMA L. TRANSEAU, Research Secretary. Widely compiled information, strictly scientific, as to the nature of liquors; bodily disposal of alcohol; effects on the nervous system; neuro-muscular coördination; alcoholism; normal resistance to health dangers; social burden of alcohol. A systematic survey in non-technical language. Board, \$1.50, paper, \$1.25. Scientific Temperance Federation, 12 N. Third St., Columbus, Ohio.

PSYCHOLOGICAL APPROACH

The Psychology of Drunkenness, by ALBION ROY KING, Ph.D. This very recent, enlarged and up-to-the-moment edition of Dr. King's popular presentation of the new basic psychological facts on intoxication and its influence on personality is not only clear and specific; it is scientifically sound and of practical usefulness. 1943; 64 pages. Cloth \$1.00; paper, \$.50. Dean Albion Roy King, Cornell College, Mt. Vernon, Iowa.

"The Psychological Effects of Alcohol," by WALTER R. MILES, pages 224-272, and "Alcohol as a Psychiatric Problem," by ADOLF MEYER, pages 224-272, of *Alcohol and Man* by HAVEN EMERSON, M.D. \$3.00, Macmillan Co., N. Y.

What Price Alcohol? by ROBERT S. CARROLL, M.D. Preface by Adolf Meyer. A survey of the psychological and physiological understanding of the alcohol problem from the viewpoint of a highly experienced psychiatrist; reorients the causes and treatment of alcoholism. 1941. 362 pages, \$3.00. Macmillan, N. Y.

Alcohol: One Man's Meat, by EDWARD A. STRECKER, M.D., Sc.D., University of Pennsylvania psychologist, and FRANCIS T. CHAMBERS, Jr. The section, "The Psychology of Alcoholism," contains chapters on "Alcohol, the Camouflaged Narcotic," the "Identification of the Alcoholic," "Suggested Physiological Mechanisms in Abnormal Drinking," "The Alcohol Saturated Personality," "Alcohol and Sex," and the "Alcoholic Breakdown." 1939. 230 pages, \$2.50. Macmillan Co.

To Drink or Not to Drink, by CHARLES H. DURFEE, Ph.D. A discussion of the cause and cure of "problem drinkers," of "the man or woman whose drinking is a matter not of choice but of inner necessity." Three sections outline the scope of the boook: "Understanding the Drinker," "Helping the Drinker," "Drinking as a Social Problem." Dr. Durfee writes from experience in treating "problem drinkers." 212 pages; 1937; \$2.00. Longmans, Green and Co., New York.

Alcohol: Its Effects on Mind and Efficiency; from a Report of the Alcohol Investigation Committee of the British Medical Research Council; the "Mental Effects of Alcohol" and "Alcohol and the Performance of Muscular Acts and the Simple Mental Processes"; a 54-page pamphlet; 20 cents. Scientific Temperance Federation, 12 N. Third St., Columbus, O.

The Psychiatric Treatment of the Alcohol Addict, by ROBERT V. SELIGER, M.D., Psychiatrist, Johns Hopkins University Medical School. The pamphlet includes a statement of the "Factors in Alcoholic Addiction" and conclusions that are useful to the ordinary student as well as the expert. 1941. Medical Journal Press, Monticello, N. Y.

The "New Understanding" Monographs, by HARRY S. WARNER. A series of pamphlets based upon and incorporating the results of recent scientific research—especially psychological and sociological information and trends—in the study and explanation of practical every-day problems of living. References to source material are specific and are included to aid discussion and further study.

THE PSYCHOLOGY OF DRUNKENNESS

BY ALBION ROY KING, PH.D.

THE MOST VITAL AND REVEALING BOOK OF THE YEAR ON
THE BEVERAGE ALCOHOL PROBLEMS OF TODAY

Dr. King seeks—and explains—the meaning of alcohol in daily life; the sources of its attractiveness and of its dangers. He gives, in six brief but strictly scientific chapters, the essential facts at the heart of the problem that young people—and all others—have to face when choosing "to drink or not to drink," to accept social drink customs or not to do so.

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1944

THE
INTERNATIONAL

STUDENT

OF LIQUOR IN LIFE TODAY

In This *Social Backgrounds* Number:

*Drinking Customs of the
Social Classes*

Social Imitation at Work

Spread of Alcoholic Culture

*Seek, Study, Identify the
Centers of Influence*

John Barleycorn, Esquire

Cult of Alcoholic Culture

democracy
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eper than
berty; it is
responsibility"

OREGON'S
OLDEST
COLLEGE.

WILLAMETTE
UNIVERSITY,
SALEM,
OREGON.



THE INTERNATIONAL STUDENT

FEBRUARY, 1944

Vol. XLI, No. 4

HARRY S. WARNER, *Editor*

THE HERD INSTINCT in humanity is important for the weak—the strong do not need it. The imitative instinct is strong in children and some people never outgrow it. Hence, fashion becomes a dictator for large groups who know no independent thinking or action. There is great danger in the growing fashionability of social drinking. There are far too many Americans who would rather be accused of immorality than unfashionability. *Today liquor propaganda and liquor advertising are making drinking fashionable among the so-called "best" of both sexes.*

—DR. GEORGE B. CUTTEN,
President Emeritus, Colgate University.

Accidents could be reduced by at least 20 per cent if men could be happy without alcohol.—DR. W. A. STEINHAUS, Williams College.

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Drinking Customs of the Social Classes

By JOHN DOLLARD

Associate Professor, Social Anthropology, Yale University

ONE OF THE MYTHS of American society is that we are socially and ideologically a democratic people. It is a myth that movement from one social group to another is completely free in the United States, that the status of a man is measured by the difference between his own natural talents and those of other men, that social environment may be discounted.

While it is true that the democratic system works better here, probably, than it has ever worked anywhere else, and is more characteristic of our society than of any other, class-less democracy is still far from being a fact. Research shows that we have a system of ranked social groups. This social system controls our most intimate behavior and thoughts. Our thoughts and behavior patterns differ, depending on where we stand in the system.

Marks of Class

Position in our social system is indicated by our friends and associates, the group with whom we feel comfortable, natural and at ease. At the borders of this group there are people with whom we do not feel comfortable, because their behavior seems crude and uncouth or because they seem to have some kind of prestigious aura from the past which we do not share. We find, on intimate association, that the habits and attitudes of such people are not compatible with our own.

Personal recognition of an individual as one with similar standards of behavior is the clearest form of recognition of

Condensed from *The Drinking Mores of the Social Classes*, by John A. Dollard, Ph.D., a lecture at the Yale School of Alcohol Studies, July 13, 1943. Dr. Dollard is author of *Victory Over Fear*, and *Caste and Class in a Southern Town*.

social class. We are members of that social class with which most of our intimate social participation takes place. A social class, therefore, is composed of families and groups of associates which could participate together in intimate social hours. Our social class is determined not only by the kind of people we know, but by those who could sit down to dinner with us.

Social grouping apparently determines many things—one's clothes, and one's standards of behavior. Perhaps 20 per cent of the people in this country do not have formal meal hours. They eat "off the stove" or "out of cans." They don't have a fixed meal, a family gathering. But eating together, in certain other groups, is not a matter of ingestion of calories; it is a social ritual.

Social class differences are reflected in habits of speech. In certain groups, people do not say "This is him," and "haint." Those who say "haint" are not morally or psychologically inferior to those who use better English, but disparities in speech patterns characterize groups in most social systems.

Classes in American Society

Social anthropologists have distinguished three social classes in American society. We call them Upper, Middle, and Lower. Somewhat artificially, we divide each class into two sub-classes: Upper-Upper, Lower-Upper, Upper-Middle, Lower-Middle, Upper-Lower, and Lower-Lower. The existence of these class groups is not a fiction of scholars. People who get ten to twenty-five dollars a week, twenty-five to fifty a week, and so on, do not classify themselves. But social classes exist in the minds of people who rank certain groups as "above" or "below" their own. Social classes, therefore, are discovered, not invented, by scientists. Our social class system may be roughly outlined as follows:

Upper-Upper	2%—Old families, "society."
Lower-Upper	2%—New families, "nouveaux riches."
Upper-Middle	10%—Nice, morally respectable people with some wealth.
Lower-Middle	28%—Respectable people, but not much money.
Upper-Lower	33%—Poor but honest folk; working element.
Lower-Lower	25%—The "no 'count poor"; the ignorant, shiftless.

The Upper-Upper class, to which about two people out of 100 belong, may be symbolized by the words "old family" or "society." There are local names for this class, like the "Boston Brahmins," the "Philadelphia Maine Line," the "St. Cecilia Club in Charleston." Membership in Upper-Upper class means a heritage of wealth and power, a long lineage which has had distinction over a number of generations. Direct entry into this class is impossible in any one lifetime because you cannot invent yourself a lineage—you have to inherit it. You do not get it, but your children may if you marry someone with Upper-Upper lineage.

The Lower-Upper group contains about two people out of 100. If you *look up* the social ladder, you cannot tell them from the Upper-Upper class; but the Upper-Uppers regard them as "new families" that have been in the community only for a brief period. What can you do with people who have been here only a hundred and fifty years, if you are of pre-Revolutionary stock? The Lower-Uppers sometimes are called the "nouveaux riches"; they are frequently very wealthy and talented. Their trouble is that they never really belong to the highest social stratum with which they associate; they are *in* but not *of*.

Middle Class Strength

A larger and stronger group is that of the Upper-Middle class, which includes about ten people out of 100. They are spoken of as "nice respectable people." There is sometimes a barb in this, but it means a stable, moral class that tends to emphasize wealth. Its representatives are the controlling factors in business and industry. This class does not emphasize lineage. The family is a rather isolated unit. Parents show great concern about children who have talent and skill. The great breeding ground for talent and strength is the Middle class.

A much more numerous group is the Lower-Middle class—twenty-eight in 100, although I would not be sure that it is not thirty-five, or twenty-two. Members of this class tend to think of themselves in this way: "We haven't much money, but we are respectable." Like the Upper-Middle class, the Lower-Middles are concerned with ethics, morality, talent and

social serviceability. They have as a primary ideal, to gain an income, to become financially better off. Psychologically, they are a very secure group. They are comfortably aware of not being Lower class, and they have little contact with the Upper class. Education, neat homes and personal cleanliness are matters of great importance.

The Largest Group

The Upper-Lower is the largest group, we think, 33 per cent. They are sometimes called "the people on the other side of the tracks," the working element, "the masses" in contrast to "the classes." We do not realize that we are ticketing people when we put these labels on them. The Upper-Lowers, too, value money; but they are not as responsive to social controls as are the Middle class and they are not as conservative. They do not place the same emphasis on ethical thought and self-discipline.

At the bottom of the group, 25 per cent of the population, are what we call the Lower-Lowers. They are referred to often as ignorant, shiftless, "riff-raff," or dirty; but this is not always true. They do not value education, do not drive their children to school, and do not (or can not) save. Their income level is very low and they are not used to saving in order to get the reward of self-denial later.

Drink Behavior Differs Widely

What is most evident about drinking behavior in these various class groups, is that it differs greatly. It is very important to notice this fact. If we want to focus an educational program, we have to know where to focus it. Most Lower Middle people are firmly opposed to indulgence in drinking, but this is not the case with Lower-Uppers.

In the Upper class, drinking is not a moral issue. People at the top of our social structure drink a good deal; both sexes drink. Men and women drink in the same groups, in party style. There are, however, certain stiff controls here which do not exist in some of the lower classes. One is condemned in the Upper classes, not for drinking nor for drunkenness but for anti-social behavior while drunk. Fighting is taboo; aggressive behavior is heavily penalized even when expressed only in verbal assaults.

Upper Class Drinking is Crucial

It is crucial to recognize the attitude of the Upper classes toward drinking, because behavior patterns in our society tend to sift downward. Middle groups are likely to become tolerant and (perhaps) ultimately imitative of the customs of the top-most groups into which they, as individuals, would like to move. It might be said that the failure of prohibition legislation lay in our social class system, for the highest people socially did not taboo drinking; their social customs were stronger than our legislative controls.

Lower-Upper Most Marked

In the Lower-Upper class we have the "cocktail set" that drink more recklessly than the people in the old families. The new families of wealth are in a rather insecure, frustrating position. They are constantly comparing themselves with the families who socially "own" the territory in which they live. The wealthy new-comers want to have an old homestead of their own; they want to have the prestige of lineage. Realizing that their great-grandfather was "just a butcher," rather than a powerful landowner, they suffer from a helpless feeling of inadequacy. Parental controls are weak, and the scars from social competition, painful. Lower-Upper young people may try to escape from their social discomforts by drunkenness. There are case studies which lead us to believe that there is excessive, destructive drinking in this particular class group.

In the Upper-Middle class we have a strong evaluation of wealth and talent, and ordinarily, moral values have restraint. However, the apparent nearness to the Upper classes and partial identification with this group, have some effect on the drinking habits in Upper-Middle class. In general, the men drink on social occasions, at their poker games and at casual gatherings in friends' houses; but Upper-Middle class women rarely drink. Drinking is not customary in mixed groups.

Largest Non-drinking Group

In the Lower-Middle class we would expect to find, with both sexes, a very strong taboo on drinking. Lower-Middle people value highly the traits of respectability which differentiate them from the Lower group. They emphasize this by

rejecting the customs found in Lower classes. Lower-Middle men and women are the most stringent in exerting social control over drinking.

The Upper-Lower class, which is the chief labor class, is one in which there is much more drinking. The Upper-Lowers do not have the same taboos as the Lower-Middles, but they do have some occupational restraints. A railway worker, for example, will tend to have an occupational taboo on drinking in some situations. In general, the Upper-Lowers drink at home and in the taverns, which provide a kind of club for Lower-class people. But if they move into the Lower-Middle class they have to change such habits.

Aggressive Drinking

Lower-class persons usually become openly aggressive when drinking, because they have not been trained to exercise the control that is demanded of those at the top. It is not a disgrace to get drunk and fight, even if this behavior has dangerous consequences. A man may be aggressive in the family toward wife and children. This group does not have the "drink like a gentleman" taboo. Differences in ethnic backgrounds are also conspicuous in the drinking customs of the Upper-Lower class—Irish, Jewish and Italian immigrants retain customs that still have a "home color" when they settle in this country. There are differences as to beverages and controls of behavior.

In the Lower-Lower class, drinking is socially unrestrained. There is the Saturday-night-to-Monday-morning binge, without much social control. Both men and women drink, though usually not in mixed groups. In the Lower-Lower class there is overt aggression, people are arrested for drunkenness, breaking the peace; there is much chronic drunkenness in this class.

Cross-class Movements

None of these class controls is rigid. Of course, there are cross-class factors which tend to make some people drinkers in spite of their Lower-Middle taboos. Then they begin to move out of the Lower-Middle class, and the most tragic case is that in which the movement is downward.

The delineation of class lines in this discussion may seem too

sharply marked. We are immediately reminded of the American dream of change of place through economic success, social usefulness and individual talent. Such mobility is not fiction—it is a fact, more so here than anywhere else. But we must remember that social mobility does not mean moving from \$35 to \$45 a week, or even \$200 a week. We have Al Capone moving up in wealth, but remaining a Lower-class man. We cannot change our social skins very fast. Nevertheless, a man may change his social habits and ideals. These include standards of morality, propriety, clothes, recreation, liking for salads or for liquor, or the number of baths to be taken—all these are critical details of behavior.

If you are going to change your social level you will have to change your social habits, and this may mean your drinking habits. If you move from Middle to Upper, you will have to learn to drink. You may think this would be very simple. but social anthropologists have watched carefully nurtured Upper-Middle class people, moving into Lower-Upper class, who found it extremely difficult to learn the expected drinking habits. A lady who has been an eminently respectable person for 45 years and whose husband, for business considerations, moves into the Upper class, is expected to drink freely but finds it next to impossible. Her new associates consider her a “dud”; she spoils the party and gets pushed out. If she wishes to have her children know these people, she has to make a pretense, at least, of social drinking.

Customs Change Slowly

The task of changing social habits is no small undertaking. Such change cannot be accomplished by force alone, or by laws alone, because the sanctions which make people feel comfortable in their habits exist in their own social groups; they do not care what outside groups think about them. Changing some of these habits will be fairly difficult and slow.

The editorial in the January issue of the INTERNATIONAL STUDENT, “Renewing Educational Leadership,” demands highest commendation.—LOGAN ROBERTS, Attorney, Yakima, Wash.

Social Imitation at Work

A Discussion at the Yale School of Alcohol Studies

STUDENT: We have a great many "new rich" people in Florida. Their social practices have a profound influence, especially in the tourist section. Most of the rich outsiders entertain with cocktail parties; our ladies think it smart to do that.

PROFESSOR OF ANTHROPOLOGY: That shows imitation is working. Our American Upper Class, though not in racial stock is fundamentally derived from the British Upper Class. I suppose, if we want to get one quick, simple answer, it is that they drink because the British do. They are in a relatively subordinate system to the British and French; they take some of their character and their clothes from across the water. They have a long history in the world and in America also. They have a great deal of power and freedom. There is nobody from above to criticize them. Their moral standards in other regards are somewhat liberal, more liberal about divorce than other groups. They feel, "Who is there to punish us? We are tops, and we can do as we please." They represent family and many other trends, noblesse oblige. A great part of their income goes to charity and taxes.

STUDENT: Our observation is, that the families in Virginia with the greatest social prestige, based on lineage, are a remarkably abstemious group in the upper age limits. But the young people are changing their attitude considerably. Take a man like ———. His ancestors founded society in Richmond. But the young people are not adhering to that standard. We have the *nouveau riche*, the coca cola artistocracy. They are a group that allow a great deal of drunkenness. We have a change there, in the Upper-Upper group, that seems to be distinctly downward from the older age level.

The real perils in America today are alcohol and gasoline on the highway and the gonococcus and the spirochete in the byway.—DR. RAY LYMAN WILBUR, President, American Hygiene Assn.; President, Stanford University.

The Spread of Alcoholic Culture

Among Primitive Peoples

By DONALD HORTON

Assistant in Anthropology, Yale University

TO UNDERSTAND our problem of alcohol among the primitive peoples of the world, let us note its spread in geographical proportions. We have evidence in abundance that alcoholic beverages and their use were widely diffused both in pre-historic and in historic times. At present there are very few places in the world where alcohol is not used. Of these, a few have never invented the art of producing these beverages or received it from other peoples. Still fewer have had an opportunity to use alcohol and have voluntarily rejected it when available.

At the beginning of the period of European exploration in the seventeenth century, and throughout the eighteenth and nineteenth, it was found that the primitive hunting peoples of the world, like the Eskimo and the American Indians of the northern parts of North America, the Indians of the far southern tip of South America, the Australian bushmen, and others who have lived by hunting and gathering wild fruits and wild berries, had not discovered fermentation for the most part. In North America, north of the region in which corn was grown, the Indians were lacking in alcoholic beverages. The Eskimo had no alcoholic beverages prior to the European conquest. Among certain peoples the lack of alcoholic bever-

Condensed from a section of the lecture by Dr. Horton, *An Anthropological View of Alcohol*, at the Yale School of Alcohol Studies, New Haven, Conn., July 9, 1943.

ages can be attributed to their isolation; to the fact that they had not received this invention from others, namely, the island peoples of Polynesia and Melanesia. These peoples had no alcoholic beverages.

There were societies also in which alcoholic beverages were known but were taboo. Most well known of these are the Mohammedan cultures of Northern Africa, in which the wine of the grape is prohibited by religious proscription. Of a different order is the Pueblo people of our own country—the Hopi and the Zuni. These people had many opportunities to accept the art of preparing and drinking alcoholic beverages but rejected it. We can say then that the alcoholic habit had diffused to all but these few peoples prior to the period of European empire.

Alcoholic beverages were known throughout Africa, Asia, Indonesia, Java, Sumatra, Borneo; throughout America, Central America, tropical South America and the southern part of North America. But the other parts of the world which lacked alcoholic beverages were much in the market. There was a rapid and eager acceptance of European beverages when made available by traders. And there is much evidence that the use was deliberately fostered by these traders to whom it was an economic advantage to have the native people as drunken and debauched as possible. Nevertheless we can not overlook the fact that there was some initial willingness among the natives to accept the custom. Some need was satisfied by alcohol that had not been satisfied without it.

Often the Europeans felt obliged to impose prohibition because of the eagerness of the natives for alcohol and its effects upon them. Today there are few parts of the world to which the custom of drinking has not spread. This view suggests that alcohol has been a very successful culture trait *if we think of it in terms of survival*. Many other customs long since have gone into the discard but the use of alcohol survives vigorously among peoples of a thousand diverse ways of life. We are not getting real insight into the meaning of alcohol to mankind unless we broaden our view to include these societies, so different from our own, in an effort to get at the fundamental social and psychological conditions of drinking behavior.

Seek, Study, Identify the Centers of Influence

Editorial

OVER AND OVER AGAIN comes the evidence that the acquiring of alcoholic desires is of social origin; that the first experience of each individual with it, the discovery of its facility to relieve fear and anxiety, remove inhibitions and "key-up" the emotions, is in answer to the invitation of friends, "the fellows," the dinner hostess, the suggestion and pressure of the party group, the family tradition and social customs.

The "kick" that each individual learns to seek for himself—must learn, since there seems to be no inherent need that alcohol alone can satisfy—is newly acquired out of the social environment and the background of tradition into which he is born, or out of the community in which he lives.

The significance of these social sources of the alcohol problem should be better understood than they are—they shall be more carefully taken into account than has been done in the past. They must be studied, identified and traced to their origins, as well as to their consequences, if the problems of the *matured alcoholic* and of beverage alcohol in modern life are to be understood realistically. For the social pressures back of heavy drinking and alcoholic excess are often far-reaching, strong, and quietly insistent—especially at the beginning stages and youth.

Seek the Sources

It is not sufficient merely to promote highway safety, to restrain drinking drivers from driving and tipsy walkers from walking; to control heavy drinking; to limit supplies to those who go to excess; to detect, understand, and help cure "problem drinkers"; to attack the problem of excess as one of pub-

lic health, since no one knows where "excess" begins; to consign the alcoholic as a "sick man" to the hospital and the sanitarium, instead of the jail as a criminal. All of this—and vastly more—must be done as good curative service.

In seeking solution, specific phases and definite problems may well be taken one by one, that definite results may be obtained. That is a practical, yet scientific approach. But it is not enough. The problem has been over-simplified. Too long, the whole temperance problem, the problem of alcohol, has been over-simplified. For study, discussion and understanding, especially for instruction purposes, a larger view of the whole problem of beverage alcohol in every-day life should be obtained. And such a view will be more realistic, since it will include many influences and forces that play and interplay on each other.

To go further, why not ask and discuss freely such questions as: What are the satisfactions that men seek when they drink? What do they get, or believe they get, when they obtain alcoholic pleasure? Should social drink customs be accepted as a part of tradition? Are they exempt from examination because of their long-standing, conventional and class prestige? Should they be evaluated anew in the light of modern demands on life, recent scientific investigation, and healthful personal and community living? How are they popularized? Spread among heretofore non-drinking groups? How great is the force of narcotic—anaesthetic—pleasure as a source of economic gain? What parts do propaganda and trade promotion play in keeping alive and active the desire for alcoholic indulgence in the face of serious questioning and the desire for better control that prevails in many groups?

Identify Prestige

In modern civilized society, as the economist, Thorstein Veblen, said, "The members of each stratum accept as their ideal of decency the scheme of life in vogue in the next higher stratum, and bend their energies to live up to that ideal." Is it not, then, a basic part of the alcohol problem that the leaders of influential society, a very minor percentage of the whole, by their conspicuous privilege, lead the community into practices that result in disaster to millions—to those very millions

THE SIGNIFICANT POINT is that motive is not explanation enough. There *must be a social and cultural situation* which provides occasion and some degree of permission before the neurotic *can even begin* the process of becoming an alcoholic.

—DONALD HORTON, PH.D., Assistant in Anthropology, Yale University, *Qr. Jr. Studies on Alc.*, Sept., '43, 214.

who, because of some deprivation, unhappiness, or deficiency, feel most keenly a need for what alcohol seems to give?

Why should not the prestige of social drinking be examined—the drinking at formal dinners, alumni banquets, society functions, the clubs of “big business” and political influence, cocktail parties and the after-noon gathering of the socially élite? Why should not these customs and practices be evaluated in the light of scientific knowledge? Of social psychology? Of practical experience as to how they dominate the lives of the un-thinking millions who follow the fashions of “the privileged”? Why not analyze realistically—or debunk—the welter of literary and social traditions that have grown close around the milder stages of intoxication as an amusement of social groups? As an accepted means of celebration, ceremony, conviviality? And its prestige influence on the “lower classes,” “the masses”?

Sifting Out the Susceptible

For among all peoples, wherever alcoholic customs prevail widely, a sifting process is going on. Steadily, from year to year, without substantial variation, the younger and middle-aged men and women who have “that peculiar nervous temperament” that can not stand alcohol—those who do not—or can not—or just “don’t want to” keep indulgence below their *unknown* safety line, are being sorted out and pushed along the road to alcoholic addiction. Vast numbers of them come each year to the hospitals for the mentally disordered.

Let it be made clear that they are not merely “the inferior,”

the over-sensitive, the handicapped by heredity. They are not alone those who would lose in the struggles of life through other causes if drink happened not to be at hand. On the contrary, they are often more highly sensitized than the average, having capacities of special value to society. "The rich and the poor, the highly intellectual and the ignorant, the frail and the robust, the shy and the apparently bold, the worried and the seemingly carefree, all furnish their quota of inebriates."

Comprehensive Approach

For the future, then, programs of education and improvement may well include that comprehensive view of the alcohol problem which seeks to examine all the sources, as well as the consequences, of beverage alcohol in daily life. To this end, free discussion, in an atmosphere of "give and take," is especially desirable today. It gives opportunity for the expression—for the examination and correction—of many views and segments of scientific and other information. To be even reasonably comprehensive it will include a new study and appreciation of the far-reaching influence of prestige-drinking in influential society.

Such educational service requires the leadership of those who have the special knowledge required, and experience in group, class, and audience discussion. It can best be rendered by college and university leaders, for the college community, the state and the nation. It may not be education in the sense of handed-out-instruction; but it is the democratic self-education that should prevail among all who are willing to think for themselves and to accept a share in developing an intelligent public opinion on this crucial problem and its ramifications in the culture of today.

It will face the problem at its most popular and, perhaps *least excusable source of influence*, the social customs of those who give alcohol the prestige that multiplies, but can not restrain, its spreading and intensified use.

No woman who drinks can have dignity. Liquor makes her ridiculous. Her speech becomes garbled, and silly. Her voice gets all out of tune. Her gait is utterly absurd under liquor.—**DAMON RUNYON.**

John Barleycorn, Social Esquire

By JOHN NUVEEN, Jr.
Investment Banker

THE LEGENDARY character, *John Barleycorn*, personifying the spirit of barley malt, hence of all alcoholic beverages, has a social standing that has varied greatly over the years. In my youth he lived mostly on "the wrong side of the tracks," yet retained his contact with some of the respectability in memory of his earlier days.

When dropped from the social register altogether, some of his friends continued to take him in, arguing that political injustice had been done to him. Thereafter the number of his sympathizers increased until his unofficial status had been considerably repaired. Finally, in 1933, he was readmitted to social standing in the United States, and, on a wave of popularity that seemed to redress a previous injustice, he was returned to full respectability, first in one group and then in another, until today, while spurned by some of his old enemies, he is not only a welcome, but practically an essential guest at social events. He consorts with the clergy and educators, with business and laboring men; he is trusted alone, even with the women-folk. To address him as Esquire, the title of courtesy, gives only partial recognition to his present social standing. But because of the rapidity with which he has risen from his former outcast position, one may properly question his claim to his present position, and whether or not his social acceptance has not been hasty, or will be enduring.

His Family Tree

Whether or not the Barleycorn family tree is honorable, it certainly is ancient. The art of brewing dates back at least

Condensed from a paper, "John Barleycorn, Esquire," read before The Chicago Literary Club, by Mr. John Nuveen, Jr., prominent business man, welfare leader and member of many social and business clubs of Chicago. Used by permission.

6,000 years. An artifact of the 42nd century B. C., portrays brewery workers using long poles to stir the contents of a vat. The inscription of an Egyptian Pharaoh reveals that he returned from a foraging expedition with 6,228 jars of wine. History does not record the first incident of one of our aboriginal ancestors discovering a bowl of fruit or grain mash, which had been set aside and forgotten until nature had brewed it into an alcoholic drink. But we can perhaps imagine his emotional experience on drinking it. In his unscientific world, where gods or demons were considered responsible for physical sensations and natural phenomena, it is not illogical that the experience was interpreted spiritually and that when its secret was discovered it was appropriated by medicine men and high priests as a part of their ceremonials.

The drinking of wine has been recorded in various writings from the Bible down through the years. The Arabians discovered the process of distillation and gave alcohol its name. At first it was considered to be a poison, and it was not until the 13th century that it came to be used as a medicine. Many were the claims for it. In the quaint language of an early period:

"It sloweth age, it strengtheneth youth, it helpeth digestion, it abandoneth melancholie, it relisheth the heart, it lighteneth the mind, it quickeneth the spirits, it keepeth and preserveth the head from whirling, the eyes from dazling, the tongue from lispig, the mouth from snaffling, the teeth from chattering, and the throat from rattling."

Unabated by scientific knowledge of its physiological effects, the drinking of alcoholic beverages through the ages became widespread and was considered essential to healthy existence. The Pilgrims brought beer with them on the Mayflower to Plymouth Rock. William Penn built a brewery in 1683, and James Oglethorpe established one to serve the colonists of Georgia. Many leading figures in the Revolution were brewers or financially interested in breweries and taverns.

The situation in the first half of the 19th century was described in the following words:

"When all such of us as have now reached the years of maturity first opened our eyes upon the state of existence, we found intoxicating liquor recognized by everybody, repudiated by nobody. It commonly entered into the first draught of the infant and the last draught of the dying man. From the sideboard of the parson down to the ragged pocket of the houseless loafer, it was constantly found."

As late as 1850, "The total abstainer was looked upon as a maniac who was playing a dangerous, suicidal game with his health."

Supporters and Opponents, Both Strong

But while there have been many advocates of alcohol, there have been many opponents of it as well. From the earliest days, out of moving experience, prophets have warned their contemporaries that "Wine is a mocker." Mohammed charged his followers to "Drink no intoxicant, for verily it is at the head of all filthy actions." Plato said, "Nobody while on military duty must ever taste this drink; in the city no slave must taste wine at any time, nor presidents during their year of office, nor the helmsman, nor the judges on duty, neither must any one do so who is taking part in any deliberation of importance."

At the turn of the 19th century, when the declaration of inalienable rights by the colonists in the New World had begun to stir mankind to a feeling of great personal dignity, there sprang up, also, societies protesting against the individual and collective damage of intemperance. This activity was greater in the New World than in the Old; but even so, the first organizations trod with trepidation, as is evidenced by the pledge of one of the first, which solemnly bound its members not to "get drunk more than four times a year."

During the controversy which has raged with greater intensity during the past seventy-five years than at any other time in the world's history, many extravagant claims and statements have been made on both sides without the benefit of scientific knowledge. It will be interesting, therefore, before considering the present situation, to see what recent medical and scientific investigation tells us.

Modern Scientific Understanding

A group of English scholars and physicians, in 1931, "initiated an enquiry into the medical, social and economic aspects, and dimensions of the alcohol problem in Great Britain." Their findings were published in a 300 page volume, *A Review of the Effects of Alcohol on Man*. In 1932, a group of American scholars published a similar work, the 429 page volume, *Alcohol and Man*, edited by Dr. Haven Emerson. The

latter was followed, in 1934, by a short, popular edition for the layman, *Alcohol, Its Effects on Man*, by Emerson. After referring to the contradictions of fact that prevail and have commonly prevailed on the subject, Dr. Emerson states as follows in his preface :

"There is agreement among students and teachers of the medical and associated sciences on the following points :

"1. Alcohol is a narcotic which, by depressing the higher centers, removes inhibitions.

"2. Outside of the nervous system and digestive tract, alcohol used as a beverage has little demonstrable effect.

"3. It is a food, utilizable as a source of energy and a sparer of protein, but it is such only to a very limited extent.

"4. It is improbable that the quality of human stock has been at all injured or adversely modified by the long use of alcohol, although the effects on the individual are often devastating.

"5. The therapeutic usefulness and value of alcohol are slight.

"6. It may be a comfort and a psychological aid to the aged.

"7. It does not increase, and it often decreases, the body's resistance to infection.

"8. By releasing inhibitions, it makes for social ease and pleasure, and herein lies one of its great dangers.

"9. Its effects are best studied by changes of conduct.

"10. It impairs reason, will, self-control, judgment, physical skill and endurance.

"11. It may produce situations from which crime and social lapses result.

"12. It is a frequent destroyer of health, happiness, and mental stability.

"13. Its use commonly lowers longevity and increases mortality.

"14. It is used primarily for its psychological effect as a means of escape from unpleasant reality.

"15. It constitutes an important community health problem."

Perhaps the most common fallacy in the past regarding alcohol, both within the medical fraternity and by the laity, is that alcohol is a stimulant. But "modern methods of study of man and the lower animals prove unquestionably that the effects, formerly thought to be evidences of a stimulant action of alcohol are in fact evidences of exactly the opposite effect, namely inhibition."

Alcohol is commonly thought, also, to stimulate sexual potency. Actually its overuse tends to produce impotency. It merely unleashes the conventionally repressed and controlled sex instinct. In the words of John W. Churchman, in his *Prevention of Venereal Diseases*:

"Alcohol paralyzes the inhibitions, renders the physical urges more obvious, disarms the critical faculty, breaks down reasonableness and prudence, blurs fineness of perception and taste, without necessarily creating a state socially recognized as intoxication."

Many other uses of alcohol, formerly thought to be beneficial, are seen to be fallacious under the scrutiny of modern research. And then, to make the devastation complete, the doctors decree: "Alcohol is to be avoided in snake-bite."

In conclusion Dr. Emerson discusses the "Conditions for Permissible Use of Alcoholic Beverages":

"Alcohol can be so moderately used as to cause little or no direct harm to the body and mind of the user, and without damage to others or to the user's progeny. There are those who consider that when this success in its use is attained the user and the community are better off for the artificially produced qualities of contentment and comfort which result to the user.

"That such an apparently ideal situation is common, or even ordinary or average or general, would surely be doubted by many persons and is deemed by competent observers as unlikely to prevail in any state of human society so far developed."

The field of psychology has brought new light to bear on the understanding of alcoholism. Dr. Edward A. Strecker, in *Alcohol: One Man's Meat*, says regarding the general use of alcohol:

"In summing up the reasons for the use of alcoholic beverages, we think we can safely say that the impulse is not mainly physical, but psychological or mental. . . . The majority use alcohol to counteract the little rubs and irritants of life. To the painfully shy, moderate indulgence in alcohol offers relief. Those with fleeting feelings of inferiority (this includes most normal men) find that alcohol will often veneer this distressing reaction to life. A feeling of insecurity can often be banished by a few drinks. In fact, all the distressing subjective responses to a competitive social environment can be temporarily softened and made more bearable by moderate indulgence in alcohol.

Psychological Base of Social Use

"The custom of serving alcohol at social occasions is proof of an anticipated psychological effect. Likewise does it bear testimony to the lack of technique and understanding in the potential adaptive factors which enable human beings to adjust to reality and each other without alcohol or other drugs, were they but to take the time and trouble to learn how to make satisfactory adjustments.

"In one sense, indiscriminate drinking discounts the social art of intelligently provocative conversation and tends to lower the group to the level of its lowest common denominator."

Constructive Social Ease

Dr. Adolf Meyer, in his preface to *What Price Alcohol?* by Dr. Robert S. Carroll, calls alcohol "a social alternative," sought as an amusement, and that it produces "results far more socially and personally lowering than constructive." "We have to focus seriously on the human factor by devising forms of recreation and entertainment . . . that do not require either artificial dulling or stimulation to attain a level conducive to ease. Above all things we have to ask for every possible help toward unchallenged and unembarrassed '*freedom not to drink*,' so deplorably and generally disregarded by the ostentatious and purposeful cultivation of drinking parties, and the creation of the impression that one is socially obligated to participate. . . . To have wide ranges of social contacts based on the deliberate use of alcohol, becomes an irresponsible trend beneath the dignity of a scientifically sound civilization. The alcohol-tolerant may enjoy the resulting lowering of standards; but the non-tolerant, a fairly large percentage of persons, are put in real jeopardy, some slightly, others insidiously, and many to the point of costly losses of efficiency and dependability and even more costly measures of treatment and rehabilitation."

Substitute for Reality

And Dr. Carroll writes: "Of all drugs influencing complex mental processes, alcohol is far and away the most versatile. There is practically no abnormality possessed by any brain-affecting drug which alcohol cannot reproduce. . . . Alcohol

whips up nothing, stimulates nothing. It slips roseate glasses over eyes to refute the truth; for alcohol's *power over humankind is its fateful capacity* rapidly to change the emotional tone from minus to plus, from depression to exaltation, from apprehension to confidence, from fear to recklessness. But every step of this change is a falsifying of things as they are, a substitution of things as we wish them to be."

There is one comfort, however, to the man who likes to drink: "Many fine, highly socialized, successful, indeed brilliant men and women gild the refined gold of their innate qualities and, through years of orderly, controlled drinking, seem to refute any reasonable challenge that drink has done them harm. These are they of fortunate heritage who are masters at their own table, of their own tempers and passions, who use and never abuse the cup that cheers. Upon their shoulders rests the case for moderate drinking. How remote are these exceptions from the vast many who because of defective heritage struggle through their span of life's conflict submerged, barely making ends meet—the handicapped."

But the trouble with moderate drinking, so the scientists tell us, is that most of us cannot constrain our drinking habits. Alcohol gradually weakens the brain which exercises control. The situation apparently is not unlike that we face in driving an automobile. If, in violation of the advice of automotive engineers, we race our cars up to every stoplight and jam on the brakes, we eventually wear them down to the point where they do not hold and we start slipping beyond the light. Similarly, our brain controls are apt to lose their effectiveness if called upon too frequently to resist the demands for increased consumption which are characteristic of habit-forming drugs.

Those at the Top

We are confronted today with a practical situation and what to do with it. If one thing is to be learned from our prohibition experiment, it should be, as Emerson put it, that "the law is only a memorandum," and that intelligent public opinion must precede the enactment of legislation. While that is being accomplished, there is another and more significant step to be taken; that is, for the members of the top intellectual stratum, who led us out of prohibition, to lead us back to it, of their

own volition, through abstinence. Such a step will be vicarious—for it is not among this group that the evils of alcohol are most apparent. It is, as we descend the intellectual scale, that we find the greater damage from alcohol. But *the few people at the top* cannot enjoy for long their prosperity and security, unless the whole nation rests on a solid economic and moral basis.

I am not one who supports the claim of any individual to determine the habits of his fellowmen. If I seem to prescribe abstinence, therefore, I want to make it clear that I am not condemning anyone who disagrees with me. But if they do, I feel that I may ask them to assume the responsibility of offering another solution for the present very real problem, or else to carry the full responsibility for the results, individually and collectively, of our present policy.

A Civilian Problem

Since 76 per cent of the men here drank before coming into the Army, drinking is largely a civilian problem. Coming into the armed forces made little difference in drinking among the men. Of the 436 who did drink before enlistment, twenty-two are now total abstainers. Of the 138 who did *not* drink before enlistment, forty-three now do. Of those who drank both before *and* after entering the Army, 12 per cent drink more now than before entrance, while 52 per cent drink the same as they did before.—CHAPLAIN EDGAR E. ACKERMAN.

IT WAS THE FASHIONABLE wealthy who inherited the tradition that a gentleman always serves wine at his table, who set the most influential example of law violation during the prohibition period. This class and their sons were responsible for the most conspicuous violations of the law. They made *disobedience respectable in their set*.

—PRESTON W. SLOSSON, *The Great Crusade and After*, 123.

The Cult of Alcoholic Culture

*Seek the Truth
Come Whence It May
Lead Where It Will*

Significance of Social Attitude

IT MUST BE TAKEN into account that the social attitude toward the drinking of alcohol is one of the most important things in our civilization.

Thus, alcohol is the drug used to enhance good fellowship and to evince gaiety, celebration, and ceremony. To class it simply as a drug of escape, or of oblivion, is to express only one phase of its psychological use. The other phase—celebration and ceremony—should be understood. Moreover, the measure of personality worth, to a certain extent and in large segments of the population, becomes the ability to handle alcohol—to be able to drink large quantities. The whole attitude of society toward the use of alcohol and the alcoholic patient has become decidedly ambivalent:

This total pressure must be met by social means, social re-education and social legislation, as perhaps the most important parts of the prevention of alcoholism.—ABRAHAM MYERSON, M.D., *The Social Pharmacology of Alcoholism*.

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Serious Questioning

That alcoholic culture in modern life is seriously and continuously questioned as to its basic quality, is suggested by a report, January 1, 1944, by the American Institute of Public Opinion. It was found by this agency that conducts the noted "Gallup Polls," that in the United States, Canada and Australia, almost exactly the same proportion of people want to remove the liquor traffic. In Australia and the United States the vote was exactly the same—34 per cent—in spite of their

vastly different backgrounds of experience, while in Canada the variation—29 per cent—was very slight. The vote in favor of continuing liquor was 66 per cent in Australia and the United States and 71 per cent in Canada.

That such a high percentage of “dry” public opinion persists in these most modern and progressive nations, indicates deep-seated questioning of the whole cult of alcohol culture and its influence in life today.

° °

Lower-Middle Class Drinking

So far as Connecticut is concerned, the art of drinking has flourished in the past five years, the increase being greatest in the class that is said to be the backbone of the country and that has a strong taboo against it. Much ground has been lost in the Lower-Middle class.—WAYNE W. WOMER, in discussion, Yale School of Alcohol Studies.

° °

Solution Not Impossible

I do not think that the result of what I have presented is that this problem is impossible of attack. The lesson is that drink habits are informally propagated, informally supported in the groups where they now exist; as with other basic habits, solution is not impossible. The government is now going about changes in our food habits. Food habits are strongly entrenched, but we have to change them.—DR. JOHN DOLLARD, in discussion, Yale School of Alcohol Studies, Jul. 9, '43.

° °

Cost of Alcoholics

Society spends more to house an habitual alcoholic than it does to educate a child, former City Judge Jacob Gitelman last night told a semi-weekly meeting of Alcoholics Anonymous at the Seneca Hotel.

“A survey of county jails and penitentiaries in this state showed 50 per cent of time served was for public intoxication,” said Judge Gitelman, nationally known for his weekend jail sentences for drunken drivers and his efforts to establish rehabilitation camps for alcoholics instead of sending them to jail.

“In the Monroe County Penitentiary today are men who

have cost from \$8,000 to \$10,000 to house, as habitual alcoholics. The average cost until they die is \$3,500. The cost of a grammar and high school education is about \$2,000. It seems silly to spend 50 cents of every jail tax dollar merely to house a drunk."—*Rochester (N. Y.) Times*, Oct. 7, '43.

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Military Police and Drinking Soldiers

Drinking probably causes more trouble on trains, the MP's agree, than any other one thing.—"Those Railroad MP's," by Clarence Woodbury, in *This Week*, Oct. 23, '43.

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New Year Binges

It's doubtful that the exhortations from Washington against New Year binges among war workers will get anywhere. We even have a malicious suspicion that Washington itself, including the upper brackets of the bureaucracy, will be drumming up trade tonight for the aspirin factories. And confidentially, we know a friend who has a bottle. Human nature . . . of a New Year's Eve.—Editorial, *Columbus Citizen*, Dec. 31, '43.

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No New Year Hangover

More than 150 people celebrated—lustily and long—last night at Odd Fellow Temple—but there was not one New Year hangover today. This was the annual watch party of Alcoholics Anonymous. These are the men and women who used to take a drink but now leave it alone. They had dinner, danced, played games. But there was no alcohol.—*Columbus Citizen*, Jan. 1, '44.

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Close These Gates

One gate at which our defense is weak might be called "Syphilis." Through this gate to mental hospitals in New York State passed 978 patients in 1942. That this gate can and should be closed has been known for more than twenty years. . . .

Another gate at which our defense is still weaker might be called "Alcohol." Through this gate to mental hospitals in New York State in 1942 passed 1,079 patients. In 1920, this

gate was nearly closed as it let in only 147 patients. How to close this gate is well known but at the present time the gate is wide open. We wonder whether it is good social policy to sacrifice so many victims each year on the bars of grills and taverns. — HORATIO M. POLLOCK, Ph.D., Editorial, *Mental Hygiene News*, Albany, N. Y., Apr., '43.

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Tenth Anniversary, Dec. 6, '43

The Tenth Anniversary of Repeal is not a happy celebration, even for the liquor industry, for its celebration is tempered by a Senate inquiry on the conduct of the distillers, precipitated by sky-rocketing prices, depleted stocks, inferior quality, bootlegging, black markets, and rum-running.—American Business Men's Research Foundation, Dec. 6, '43.

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The Polite Drink, Wine

Consumption of wine in the United States has doubled in the last six years. . . .

The past few years of regular, intelligent advertising and merchandising of California wines on a coöperative basis by all the wineries of the state have resulted in a steadily increased public acceptance of the California product and concomitant increases in sales.. National consumption last year, for example, showed an increase of 13½ per cent.—*Wall Street Journal*, Pacific Ed., Aug. 18, '43.

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New Impact of Liquor Cult

Radical changes in attitude and behavior, in respect to alcoholic liquor and its use among young men in theological seminaries in the past few years, are revealed by a survey made by William H. Poteat, Yale Divinity School, early in 1943.

Based on 154 replies to a questionnaire distributed at random in nine theological seminaries, the report indicates the following pattern of behavior: Methodist theological students, 13 per cent drink occasionally; Baptist, 26 per cent; Congregationalists, 50 per cent. "Slightly more of those who intend to go into the pastoral ministry, than those who intend to teach, never drink, 72 per cent and 67 per cent, respectively." Whether the student had attended a denominational, state or

private school seems to be clearly relevant to the behavior of the students with respect to drinking. While 21 and 23 per cent, respectively, of those who attended denominational and state institutions drink occasionally, 44 per cent of those who attended private schools stated that they drank occasionally."

At the beginning of the report it was made clear that "When prohibition was repealed, the men now in our theological seminaries were fourteen or fifteen years of age, on the average. They are, therefore, heirs of changing mores on liquor."—Condensed from "The Theological Student and the Liquor Question," by WILLIAM H. POTEAT, *Qr. Jr. of Studies on Alcohol*, Sept., '43, 195-198; *Scientific Temperance Jr.*, Winter, 1943-44.

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Saloonkeepers and War Effort

Only a few of the town's saloonkeepers have come through for the war effort. Scarcely a half dozen are in uniform. Perhaps two dozen out of the many hundreds of night-spot owners have bought their full share of War Bonds or contributed to the Red Cross. When they do contribute, they want the entire world to know—especially the columnists. Some day I'm going to discover one saloonkeeper who has contributed his share without seeking publicity.—*Los Angeles Examiner*, Aug. 4, '43.

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Role of Conscience

Among the major ways by which drinking behavior is defined and controlled in our society is that afforded by conscience. Known under various names, scientific and otherwise, it is that force in each individual which stands against unrestrained pleasure-seeking and controls his behavior toward socially disapproved pleasures. Each of us learns from early childhood to feel it is "wrong" to indulge in certain forms of impulse gratification. In simple drinking situations we see marked differences in the degree of strength of the personal conscience as a restraining mechanism. Some people are able to drink mildly; they may be called "one-drink people," two-drink people," then conscience interferes. Most of us probably feel the danger of assault upon our personalities by the

drug alcohol; that danger, also, is expressed in the voice of conscience.

Conscience apparently is rooted in biological life and developed with the aid of childhood training, the precepts of family and religion and our cultures. Conscience stands, then, as the first barrier against excessive indulgence of impulses, and sometimes against any indulgence in alcohol.

If an individual is not supported by the mechanism of conscience he loses his most valuable ally.—Condensed from "The Drinking Mores of Social Classes," a lecture at the Yale School of Alcohol Studies, by DR. JOHN DOLLARD, Social Anthropology.

o o

Trends in War-time

Consider: In the last year, 17 per cent more boys under 21 were arrested for assault than the year before, 26 per cent more for disorderly conduct, 30 per cent more for drunkenness, 10 per cent more for rape. And that despite the fact that many of this age group had already gone to war or were productively employed. For girls, the figures are even more startling: 39 per cent more for drunkenness, 64 per cent more for prostitution, 69 per cent more for disorderly conduct, 124 per cent more for vagrancy.

And these were only the ones who were arrested—the advanced cases.—J. EDGAR HOOVER, Chief F.B.I., *This Week*, Jan. 27, '43.

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Personality Factors of the Alcoholic

Certain things can be said about the personality of almost every addict once his alcoholic habits have become fixed. "He has a comparatively weak degree of restraint, mental poise and stability; he has difficulty in controlling his moods and desires, as well as their overt expression. He is slightly more selfish, conceited, and hence more antisocial, than the average individual. He is not particularly shy, sensitive, or given to day-dreaming. The characteristic which definitely distinguishes him from the average is his strong paranoid (blaming others) tendency. He is consequently suspicious, self-conceited, stubborn, scornful of the ideas of others, and steadfast in adherence to his own ideas." Whether this picture deals with

fundamental personality traits, or with those traits as modified by addiction, there are not yet sufficient data to state.—SEWARD HILTNER, "Alcohol Addiction—A Problem of the Church," *Inf. Service*, Fed. Council of Churches, Apr. 25, '42.

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Fifty-five Times

Even if you can get them—don't mix alcohol and gasoline in your New Year's celebration. . . . The drinking driver is 55 times more likely to have an accident than a sober one. Is it smart to buck odds like that?—NATIONAL SAFETY COUNCIL, *News Release*, Dec. 31, '43.

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In South Africa--Then and Now

When the Court sat at Swellendam a century ago, it dealt with 35 cases, mainly involving theft and housebreaking. Today there were fewer thefts, but an alarming fact was that of 21 cases dealt with, on the present Circuit, ten were cases of murder and seven of rape—all caused by liquor. An improvement in the Liquor Act is necessary.—MR. JUSTICE VAN ZYL, Judge-President, Swellendam; *The Tribune*, Cape Town, South Africa, Oct. '43.

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is something
deeper than
Liberty; it is
Responsibility"

THE INTERNATIONAL STUDENT

APRIL, 1944

Vol. XLI, No. 5

HARRY S. WARNER, *Editor*

What is "Alcohol Abuse"?

*T*HERE IS alcohol abuse when people allow themselves an inferiority of performance and ability to work, or of lowered capacity for responsibility at times like these, from the consumption of alcohol which does not reveal itself in overt acts offensive to public order or private customs of life, but which renders them less efficient, whether driving a car or an aeroplane, working at a lathe or adding machine, or directing the work or discipline of others.

Such abuse is not that of the drunkard, or of the acute or chronic alcoholic, but of the men or women who drink as they believe in moderation but sufficiently to lower their level of performance below what they are capable of at their best.

—HAVEN EMERSON, M.D.,
Professor Emeritus, Public Health Practice,
Alcohol Abuse a Public Health Problem.

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The Appeal of "A New Way of Life"

By **HOWARD E. HAMLIN**

Supervisor of Health and Narcotics, Ohio State
Department of Education

HEALTHFUL LIVING in its broadest meaning, including not only the physical, but also the mental, social, and spiritual, is the primary objective of this subdivision in the Department of Education. It seeks to point out "a way of life" which will bring deep and satisfying experience to the individual and the community.

In the atmosphere of such an objective, it becomes natural to emphasize healthful, happy, normal living as the one that is desirable both for youth and for adults. Motivated by a desire to live abundantly, we endeavor to make wise choices and to avoid the formation of habits that tend to defeat this end. Merely to refrain from drinking alcoholic drinks, or from the use of other harmful drugs, is not enough. Over-eating, unwise dieting, insufficient sleep, over-work, faulty posture, excessive intake of caffeine and other drugs, unnecessary worry, fear, anger, hate, jealousy, nervous tension, and neglect of protective immunization—any one or all, may contribute seriously to the impairment of health and social behavior. Healthful living, consequently leads us to avoid the forming of habits and the avoiding of conditions that undermine our hy-

Professor Howard E. Hamlin, Supervisor of Health and Narcotics Instruction in the Ohio State Board of Education, Columbus, occupies a unique position in educational leadership on the problems of Narcotics and Alcohol, as they face youth today. Five years ago Ohio gave his new scientific approach the dignity of a full-time position in the public educational program of the state. During the past year, Professor Hamlin has given over 660 talks on the relation of health to narcotics—chiefly alcohol—in the high schools, the schools of a city or village as a whole, and among educators and parent groups. Over 100,000 are reached annually; addresses and talks are accompanied regularly by much discussion. In addition, extensive supplies of scientific and teaching material are sent each year, and during the year as called for, to Superintendents, Principals and teachers in the schools of the state.

gienic, social, vocational, and spiritual well-being.

When youth and their elders become so health conscious that they cease to violate the established hygienic facts; when they become so community minded that they plan programs of creative activities for the benefit of all, then and then only, will the practices and habits that undermine health and social growth drop out permanently from the mode of living. The school and the church, with their various organizations, must envision a larger community service if we are to eliminate the conditions that contribute to our unsatisfactory situation in many communities.

In addition to recreational facilities, we must have more and better libraries; projects in drama, music, art, gardening, animal husbandry and travel, must be encouraged continuously. Slums and slum conditions must be removed, so that growing youth, and adults as well, may all live in an environment that encourages high standards of living. We cannot hope to see fundamental and enduring changes in many of the present attitudes of a large part of our population toward the use of narcotics, until we have achieved many of the foregoing improvements. The situation will not be promising as long as one-third of the people are ill-housed, ill-clad, and ill-fed.

In this total situation the responsibility of adults is very great. They cannot be unmindful of the influence of "their example" on the thinking and habit-formation of children and youth. If their social pattern includes drinking, they should not overlook the psychological principle that such an example is powerfully suggestive to youth. In spite of a vast amount of established fact and our so-called intelligence, it is very human to imitate the social practices of others, if such practices represent the accepted style of the moment. It is easy to take the point of view that nothing is wrong if "everybody is doing it." Many people want to keep up with the Joneses. Yet it is surprising how many of the Joneses would prefer to be doing otherwise.

The above article is condensed from "Health and Narcotics," *Ohio Schools in Wartime*, 1943, State Department of Education. Articles provided by Professor Hamlin for Parent-Teacher and other publications, include "Choice Under Pressure," "The Roots of Problem Drinking," "Narcotics Education," and "Parental Responsibility to Youth."

Solving Mental Conflicts

By HORATIO M. POLLOCK, Ph.D.
New York State Department of Mental Hygiene

MENTAL CONFLICT so long as it continues is an annoyance or worry and has a disintegrating influence. The conflict prevents clearness of thought and effectiveness of action. It causes unhappiness and distress. A troubled individual naturally wishes to be free from the conflict just as a person wishes to be free from a painful disease.

Happily most mental conflicts can be solved. The method of solution depends on the nature of the conflict and on the age and the intellectual and emotional make-up of the troubled individual. In children minor conflicts are soon forgotten. Others pass away in a night of sleep, or after removal of the cause. Certain conflicts, in childhood, however, are repressed and may later appear as disturbing factors of adult life.

Adolescents or adults may adopt either right or wrong ways of solving their conflicts. Among the wrong ways are regression, repression, flight, over-activity, use of alcohol and use of drugs.

Regression consists in the adoption of a childish attitude, or complete or partial withdrawal from social life, or active work. A girl with a physical deformity may shun social contacts, keep to herself. While avoiding humiliation she loses interest in other people and in life itself.

Repression, another wrong way of solving conflict, is to push it back into the unconscious without any attempt to solve the difficulty. Emotional conflicts thus suppressed sometimes become complexes and exert tremendous influence on the course of an individual's life.

Condensed from *Mental Conflicts*, by Horatio M. Pollock, Ph.D., Director, Mental Hygiene Statistics, New York State Department of Mental Hygiene, Albany, N. Y.

To *take flight* or run away, is a wrong course frequently adopted by adolescents. A boy fails at school; he becomes a truant. A young man is dissatisfied with his position or has gotten into a difficulty; he goes to a distant city. A man quarrels with his wife and deserts his family. This is the method of the weak and cowardly.

A less conscious *method of flight* is seen in certain types of neuroses, such as hysteria. Young soldiers on the way to the front are anxious to do their duty; yet in most, there is a fear of injury and death. Naturally a conflict develops between the ideal of loyalty and the instinct of self-preservation. Most soldiers solve the conflict by making firm decisions to do their duty; but in some the emotion of fear is too great and on the slightest excuse they develop a serious disability.

Young people troubled with conflicts sometimes resort to *over-activity*. They attempt to forget the conflict by continually seeking diversion or engaging in social affairs of various kinds.

A method of solution that is worse than the conflict itself, is the *use of alcohol or drugs*. These narcotics have a pleasing effect for a short period, but their use in the long run serves to intensify rather than to relieve disagreeable mental states.

Fortunately there are right ways of solving mental conflicts, the method depending on the nature of the conflict and the age and nature of the individual. A well-integrated individual can best solve his conflicts by the use of reason. By calmly considering all the elements causing his conflict he can reach a decision as to what lines of action may best be pursued.

Sometimes a serious error is committed. An appointment is forgotten, or an order is not carried out, or a mistake in writing a check occurs. Naturally a disturbed state of mind results. A conflict of this kind can be solved by only one method; it must frankly be acknowledged and amends as far as possible, must be made. The one who tries to shift the blame to others or to evade responsibility is likely to receive the condemnation he deserves.

When conflicts arise from misunderstanding the best way to solve them is to get the misunderstanding cleared up as quickly as possible.

A Six-year Educational Project

In Michigan High Schools

FOR SIX YEARS and two months, a project for making easily accessible much of the latest and most mature educational and scientific resource material on beverage alcohol problems for use by teachers and students has been in continuous operation among the high schools of Michigan. Starting with the five schools of one county, it has grown until, at present, its operation includes all the public high schools of the state, 789, many private high schools, other schools of similar rank, all teacher-training schools, and hundreds of principals, superintendents and teachers.

The project is that of making available, by gift subscription from Michigan citizens, *THE INTERNATIONAL STUDENT*—of *Liquor in Life Today*—the educational magazine of alcohol study, edited for colleges, high schools and teachers, to all the high schools of the state. As a result of this service by Michigan citizens, the library reading rooms of the public high schools of the state, and many teachers personally, as well, have been receiving *THE STUDENT* regularly each issue of the school year for four to six years.

The plan was developed out of the reactionary period of the depression, when a Michigan pastor, Rev. Henry C. Jacobs, Fremont, became deeply concerned about the growing influence of alcoholic drink among the young people of his town—and *decided to do something* about it. He consulted the local school officials and others interested. A friend of The Intercollegiate Association for Study of the Alcohol Problem, a member and national contest winner, when a student at Hope College, Holland, Mr. Jacobs was well acquainted with the special, high-grade educational material offered for college students by the publications of the Association. With the assistance of friends, *THE STUDENT* was quickly placed in the five high schools of the county. With this beginning, and the

steady coöperation of Mr. Jacobs, the project has been enlarged, community by community, the funds for gift subscriptions being provided by the friends of students largely in that part of Michigan.

With this special school publication on alcohol problems in each high-school reading room, and other recent material made available, as called for, the teachers find use for it in their own study, in class-room discussion, and in reference work by students. Especially is it used in classes in Health, Biology, and the Social studies, and for reading as students turn to the library tables for any and all subjects in which they become interested.

"Our library is happy to have friends that contribute THE INTERNATIONAL STUDENT. Its quiet presence on our reading counter is a more powerful influence than a sermon. Students read it of their own volition and are interested," said one librarian in Grand Rapids. "The Library and Biology Department of our school and several teachers have been acquainted with THE INTERNATIONAL STUDENT for several years; we believe it to be a worthwhile publication; we would like to have three copies for use in two Biology rooms as well as the library," said a Senior High School teacher at Muskegon. "I have found that THE INTERNATIONAL STUDENT is used as supplementary material in courses of General Science, Biology, Physiology, and Civics, as a means of calling attention to the importance of the problem," wrote the Chairman of High School Principals, Grand Rapids. "We especially appreciate the consideration which you gave the subject in view of the fact that it is to be presented to modern youth," wrote the Superintendent at Rockford. "The more students can be exposed to this sort of thing, the better," said the Superintendent at Kent City. "We are using the paper in our classes," writes a Junior High School teacher at Bay City. "We hope to be able to continue the use of this fine material," said the Principal of one large city school, "as long as it is within your power to make it available."

The basic service rendered by having this publication ready for all in the high school and consolidated school libraries, is the use made by teachers in their class and other regular pro-

(Continued on Page 146)

Unique Educational School Conferences

In Michigan

DESIGNED TO GIVE force to a program of appeal to reason, three able speakers at an "Alcohol and Modern Life" Conference," at Alma, Michigan, January 16, "made out a bad case for 'John Barleycorn' as a beverage," on scientific grounds and conducted a public event "that was unique in this district," because of its scientific approach, says a local newspaper. Because of its unusual character, it attracted widely representative attendance and public interest.

Sponsored by the Gratio County Ministerial Association, other local organizations and the Michigan Temperance Foundation, Lansing, this session was followed by thirty-three other conferences, addresses and discussions in the public schools, churches and among other groups throughout the county during the week following. Especially significant were the discussions in the high schools, in twenty of which over 2,200 students and teachers were included.

Among the speakers were two that had attended the Yale School of Alcohol Studies, Prof. Howard E. Hamlin, Ohio State Board of Education, and Mr. E. C. Prettyman, Superintendent of the Michigan Temperance Foundation, Lansing. "Michigan's Liquor Control Act" was discussed by Hon. Theron W. Atwood, State Attorney General, and "Alcoholics Anonymous" by Major B. C. Cameron, in the public session on the 16th at Alma.

A similar series of conferences at Flint and in the surrounding county in November, included as speakers Dr. Haven Emerson, Columbia University Medical School, on "What Science Knows About Alcohol," Mr. Roy Bregg, Allied Youth leader, Washington, D. C., and the previously mentioned Michigan speakers. Its local sponsorship included many leading civic and educational groups, in addition to church and temperance agencies. In the week among the schools of the county forty-four speaking engagements, twenty-two schools, and approximately 8 000 pupils were included.

Six-day New-type Program

At Mobile, Alabama

EXTENDING INTO City-Community service many of the latest scientific and educational processes of dealing with alcohol problems, there was held in Mobile, Ala., February 13-18, a series of conferences and public meetings described by one participating as "a week of matchless success." With the coöperation of educational, church, and civic leaders and agencies, the Mobile Temperance Council, sponsor of the program, brought into this intensified city-wide campaign a staff of modern and able speakers, including four who attended the Yale University School of Alcohol Studies during the past summer.

The "Yale School contingent" included Dr. George A. Little, Toronto, Canada, of the United Church publications of Canada; Miss Winnie Buckels, State Board of Education, Jackson, Miss.; O. E. Sanden, State Director, Moral and Civic Foundation, Baton Rouge, La.; and C. Aubrey Hearn, Baptist Church School writer, author and youth leader, Nashville, Tenn. In addition five other speakers of equal range of interest and activity shared in the forums, panel discussions, public addresses, radio broadcasts and group discussions at the many dinner conferences, church rallies and public school addresses that marked the week.

The program was predominantly educational in character. It undertook to bring to the public and a great variety of groups recent and accumulated scientific and educational information on beverage alcohol; to enlist the coöperation of each group by means of free discussion and to do it without previously-fixed objectives, other than that of public education.

The "Week of Emphasis in Scientific Education" began with addresses by visiting speakers in fourteen churches in strategic parts of the city at the regular Sunday morning services, and

(Continued on Page 157)

A "Little Yale School"

At Indiana Pastors' Conference

A "LITTLE YALE School of Alcohol Studies," as the program designated it, was a feature of two sessions at the annual Indiana State Pastors' Conference, Indianapolis, January 24-25, extending, thus, to the Protestant ministers of this central state a cross-section of the scientific spirit, methods and basic scientific information on beverage alcohol as developed in the first School at Yale University, in July and August, 1943.

The presentation was a two-session panel and dinner discussion by Indiana's three representative students at the Yale School—Dr. James A. Crain, United Christian Missionary Society, Indianapolis; Mr. David Bakanofsky, Assistant Psychologist, Indiana State Farm, Greencastle; and Rev. Harold W. Turpin, Presbyterian Pastor, Columbus.

As outlined among themselves in advance, the procedure of presenting the Yale School of Alcohol Studies to the Indiana ministers gave to Dr. Crain the task of describing the school, its background, its point of view, its personnel, how it was financed and the geographical and interest distribution of the student body. He brought out, also, how the school began with the emphasis on the purely scientific and how that emphasis shifted gradually until it included also moral aspects of the problem. Mr. Turpin brought out the scientific approach and material of the Yale school; showed how it began by refreshing the memories of its students as to scientific procedure; reviewed the anthropological and sociological aspects of the problem, its nature and extent in America and its relation to nutrition and public health. He also made clear the concern often expressed by the scientists and others for the alcoholic, his care and treatment, and described the work and meaning of Alcoholics Anonymous. Mr. Bakanofsky gave attention to the relation of alcohol to sociological maladjustments, to personality deficiencies and to the latest teachings and experience of psy-

chology, psychiatry, criminology and penology as to the problem and how to deal with it.

At the first session before the main Conference, Dr. Crain presided over the discussions of the triumvirate. Each presented, first, his main material, but all had agreed to permit questioning at any time, thus seeking informality and directness. The questioning and discussion by the audience that followed was keen and most interesting.

At the second-day session, Mr. Bakanofsky, presented by Rev. Mr. Turpin, spoke more fully on the lectures at Yale that had to do with alcoholic personality, motives for drinking and possible ways of alleviating drinking and rehabilitating the heavy drinker. In doing so Mr. Bakanofsky included, out of his close experience with alcoholics, his strong personal conviction that those who profit from the sale of liquor, ought to use some of their money to rehabilitate the alcoholic.

At this session Mr. Turpin gave realistic illustrations from the lives of alcoholics he had met during the past summer, and called attention to the program of recovery as detailed in the book *Alcoholics Anonymous*. Dr. Crain spoke, telling more about the work of the Yale School and what it sought to accomplish.

At the following dinner conference, each of the three speakers again participated, Dr. Crain making it clear how important it now is that any group, or leader, or organization interested in the alcohol problem, should pay close attention to the facts which scientific study and research have revealed. Mr. Turpin recommended and discussed some of the recent books and other publications now available, especially those from Yale. Mr. Bakanofsky gave the closing talk, summarizing the Otis Rice lecture, "Pastoral Counseling of Inebriates," and the opportunities thus open to ministers and the church to be of help to the alcoholic in an understanding and constructive way.

Fifty-five Times

Even if you can get them—don't mix alcohol and gasoline in your New Year's celebration. . . . The drinking driver is 55 times more likely to have an accident than a sober one. Is it smart to buck odds like that?—NATIONAL SAFETY COUNCIL, *News Release*, Dec. 31, '43.

A Twenty Year Contest Record

At Yakima, Washington, High School

FOR TWENTY YEARS continuously a series of writing and speaking contests, with much preparatory study and instruction, on alcohol and its related social problems, has been going on in the public schools of Yakima, Washington. Each year, pupils in the schools of the city, over 6,000, participate in class-room discussion on interesting aspects of the subject in their daily hygiene study under the leadership of their teachers. Each year, in the Senior High School, there is an essay-oratorical contest in which from 150 to 200 papers are written.

The program throughout the city precedes and culminates in Good Citizenship Day. Following the program of health instruction and discussion among the lower grades, comes the Contest—the Roberts Memorial Contest—in which the three upper classes participate, through the ten teachers and classes of English. The study and discussion in advance of writing, are regarded as important. From the several hundred papers prepared each year, ten are selected by each teacher; these fifty or more are re-examined by a committee of teachers, who choose the ten or twelve they regard as best. These are submitted to three prominent citizens, who rank them on the basis of the six best in content and composition. Then at the final public event that culminates the program of study, discussion, writing and speaking as a whole for the year, the essays become orations, are given in public, judged on delivery and effect on the audience, and the prizes awarded on the total excellence of the work done by the six best student speakers.

Thus the prize fund established years ago, has its continuing effect in encouraging study of the problem, not only directly among the high school students who are eligible to compete for the annual prizes of \$25.00, \$15.00 and \$10.00, that it

yields, but also, indirectly through the schools of the city, because of the climax position that the contest occupies in the wider and regular program of the schools of the whole city. Further, the influence of the work thus stimulated among the students reaches beyond the schools, for the winners frequently are called upon to give their orations at various church, temperance and civic group meetings, following the school program, while the newspapers give them and their student writers much publicity.

The contest prize fund for the Yakima High School, was provided by Mrs. Rev. John T. Roberts, who generously set aside a sum sufficient to the prizes offered each year, thus insuring permanency, not only in the past twenty years, but for the future as well. "The prizes are most stimulating to the students," writes Superintendent of Schools, Mr. A. C. Davis, and are assisting in the accomplishment of results intended by the donors.

The coöperation of teachers, the preceding discussion and the selection of topics, from year to year, evidently keep the themes fresh and interesting as well as vital to the students as an educational process. Among the topics this year, 1944, were the following:

"Alcohol in the Modern Age."

"Why Alcoholism?"

"The Temperance Movement: Yesterday and Today."

"Why Drink?"

"The Menace of Alcohol."

"A Legalized Saboteur."

"Temperance: the Attitude, Today and Tomorrow."

Altogether this twenty-year record of emphasis on a vital problem that is bound to come into the lives of most young people for intelligent—or thoughtless—decision and attitude, constitutes an excellent educational project made effective by the coöperation of far-sighted citizens and a realistic school board and teachers.

CONGRATULATIONS on the November issue of *THE INTERNATIONAL STUDENT*. Its contents are most convincing to an open mind.—DR. F. M. GREGG, Psychological Consultant, Upper Sandusky, O.

As the Student Contestants Write and Speak

Excerpts from the Essay-Oration by Miss Janice Sundquist, '46, Yakima High School, Yakima, Wash., winner of FIRST PLACE in the 1944 Roberts Memorial Contest

ON THE NIGHT before the battle of Trenton in 1776. General Washington's footsore, starving troops lay quietly in ambush as the army of Hessians celebrated Christmas with a drunken orgy. The morning of the 26th saw the capture of one thousand "groggy" German soldiers at a cost of four wounded and none killed on the Colonial side.

The latest instance is recorded in the fatal bombing of Pearl Harbor. According to the *Chicago Tribune* this disastrous attack was made successful for the Japanese by the fact that only 60 per cent of our officers and men were on duty. The day before had been pay day and eleven thousand soldiers, sailors, and marines had been on leave in Honolulu. Fifty-five per cent of the five hundred open saloons at Pearl Harbor were operated by Japanese aliens, and our men drank intemperately. It was said that the Japanese knew that Sunday morning the defenses would be weakened because of the excessive drinking common on Saturday nights.

These glimpses into history illustrate the fact that liquor is the most potent saboteur of our war effort. What are we as good citizens going to do about this? We must bear these lessons home to our legislators so clearly that their consciences will not permit them to let the nation suffer from this devitalizing evil.

Evidence from industry proves that beverage alcohol impairs efficiency—lessens production of planes, guns, tanks, bullets—production of equipment vital to the protection of our boys.

Just how does liquor lessen production? First of all, liquor

causes absenteeism. Week-end drinking results in morning-after irresponsibility, and workers stay home, leaving their places at machines unoccupied. A proof of this is offered by the report of the Magna Copper Company in Superior, Arizona. This company volunteered to produce an additional two hundred and fifty tons of copper each month if the entire working force would report on Mondays. Sunday, September 27, 1942, all bars in Superior were closed, and on Monday, September 28, absences were reduced by more than 60 per cent.

Liquor causes accidents and inefficiency in our war plants. The National Safety Council reports that even small amounts of liquor cause mistakes that endanger the worker, his fellow employees, and the efficiency of the machines. The drinker's physical actions are slowed down, and become clumsy and uncertain. His vision is blurred; his hearing is dulled. Also, the drinker's mental activity is confused. He can no longer make intelligent judgments and decisions. This is a sure hazard to war production.

Jacob B. Taylor, Director of Ohio State Liquor Monopoly System, said, "Selling liquor to war workers on the way to their jobs is just plain sabotage—as much as if you had planted a bomb in your war plant."

Are we going to allow liquor to decrease production? Are we going to let our fighting boys suffer and perish because of lack of equipment?

Liquor wastes food—food desperately needed by our allies. In recent years the average cost of beer in potential food was two billion pounds of barley, four hundred forty-one million pounds of corn, one hundred eighty-nine million pounds of rice and nearly one hundred forty-five million pounds of sugar, annually. When our allies are starving is it fair for Americans to waste these vast amounts of food each year?

Liquor production misuses industrial facilities. Each year over forty thousand freight cars are used to transport beer. Nearly a million laborers are used for its manufacture. Great quantities of electric power, coal, iron, steel and lumber are used in maintaining four hundred thousand liquor stores, warehouses and manufacturing plants. This misuse of power

and essential materials will prolong the war. Then why do we allow it to continue? Wake up, Americans! We must stop this waste, we must ban the sale of liquor as a war emergency.

The liquor trade takes much shipping space—space that could be used to send war materials to our boys at the fronts, space that could be used to send food to our starving allies.

Anthony Dimond, Alaska's congressional delegate, in an Associated Press News report, stated that beer and wine for Alaska received shipping space while food and other necessities stayed behind at the dock. Still another report declared that two hundred thousand cases of beer were on a "lend-lease" ship bound for Egypt.

Liquor increases crime. According to figures published in the Federal Bureau of Investigation's Uniform Crime Reports, crime arrests increased from fifty-nine per thousand to one hundred fifty per thousand in the first eight years after the repeal of the Eighteenth Amendment.

This is a critical time in our nation's history. America must remain strong. America must look forward with confidence, with zeal, with high spirits. Crime is a serious menace to public morale.

Liquor is a foe in the American home. Twenty-eight and one-half million dollars were used by the liquor industry in 1941 to solicit sales through the medium of magazine, newspaper and radio advertising directed to the American home. Thus the home has become the liquor trade's biggest target for exploitation.

At this time when the national crisis demands one hundred per cent efficiency from everyone—when every dollar that can be spared should go into war bonds—when every home should be a place of refuge for every citizen, and thought of home an inspiration to every fighting man, a twenty-eight and one-half million dollar effort to weaken the home is an attack on the foundation of this nation.

We have now considered these reasons why alcoholic drinks should be prohibited in war time: Alcohol wastes man power, and causes accidents and inefficiency, thus decreasing production. Alcohol destroys food and materials, and uses precious shipping space. Alcohol increases crime, thus threatening public morale. Alcohol damages the American home. For these

reasons alcohol, when used as a beverage, has proved a powerful enemy of our nation.

But alcohol is a weapon if used rightly. We need alcohol in the manufacture of anæsthetics, medicines, clothing, films, synthetic rubber, munitions. Yes, alcohol is a weapon—a mighty weapon. Rightly used, it can be turned on the enemy with its full force.

SIX-YEAR EDUCATIONAL PROJECT

(Continued from Page 136)

grams of work and study. But it also aids to promote special projects on Narcotics, Health, Alcohol and related subjects. In various high schools frequent, or annual writing contests have occurred. One, recently, at Fremont, may be noted.

Organized as an essay-writing contest on the alcohol problems that face youth today, the 1942 contest in the Fremont High School was conducted in the classes in English. It produced 115 papers by the 115 students in these classes, all of which were the outgrowth of much previous search for material, study, criticism and re-writing. The gathering of material and the training in selection and discrimination between facts and mere propaganda, were important steps in the educational process thus afforded. Books, pamphlets, periodicals—the files of a year—were placed in a room ready for all Juniors and Seniors who participated. Subjects were selected after a discussion period by the students according to their interest. Themes chosen included “Alcohol and National Efficiency,” “Alcohol and the Drinking Driver,” “The Trojan Horse in Our Youth Circles,” “The Automobile and Myself,” “If You Drive Don’t Drink,” and “The Degrading Influence of alcohol.” Then followed discussion in a part of a class period for two weeks; then writing, criticism and renewed writing with such improvements as could be made. From the 115 papers, the ten best were selected by a group of three teachers, and a prize of \$10.00 from citizens awarded.

In addition to the training in selection of facts, the discrimination of material from newspapers and organization and writing, this contest project enabled the students to see for themselves the realities and danger that too often come from drink and drug habits and customs.

Vital Fibres of the Social Fabric

By JUDGE JOSEPH T. ZOTTOLI
Municipal Court of Boston

AS WE EXAMINE the social fabric of today, we see many evidences of destructive causes operating to break its vital fibres.

We see terrific corrosion caused by insanity. In Massachusetts alone 29,000 persons are housed in overcrowded asylums for the insane, and more are outside waiting for an opportunity to enter. Next we see a vast army of human wreckage filling hospitals until there is no more room in the wards and corridors that are brought into use to relieve the situation. Next look into our jails and houses of correction and see them crowded almost as they have never been. Then look at the institutions in which juvenile delinquents are housed and note how they are almost filled to capacity. Take a glance into so-called pauper institutions and see how they are so filled that no more can be properly accommodated. Look too at the welfare organizations and you will see one of the greatest armies that ever existed, calling for relief. What means all this evidence? What are the primary causes of all this decay and human wreckage? And what can and should be done to prevent or salvage it?

In trying to answer this question, we undertook a broad survey of the various segments composing the sociological, penological, and criminological fields. . . . The Greatest Problem is That Presented by Alcoholism.

It is obvious that the problem has not been solved. . . . Why not? The truth is that neither science nor philosophy nor psychology knows how to restore the damage ultimately resulting to the human being in the common-drunk class. Thus far, neither medical science, nor penology, or theological skill, nor any other science has found a way to cure the inebriate or common drunkard. All are working in a fog, perchance each blaming the other, and few being willing or courageous enough to admit their failure and to give the honest reason for it . . . intoxicating liquor.

Condensed from an address by Judge Joseph T. Zottoli, Associate Justice of the Boston Municipal Court, over the radio April 8, 1943.

Spread of Youth Drinking

In All War Countries

A WEAKENING in the moral restraints of young people is common to all countries in the war. The same complaints come from the United States and Germany as here. There is also everywhere a tendency to regard it as inevitable, to shrug the shoulders, and to wait until its causes pass by. It is tempting to take this attitude because it is unpleasant to interfere with people's personal liberty, even when the law is clear. The increase in juvenile drinking, for instance, is notorious, especially among girls. There is no question about the illegality of supplying or procuring drink for young persons under eighteen. There are notices to this effect in most public-houses. Yet there is the plainest evidence that they are widely disregarded (as the law against serving a drunken person is also widely disregarded). The police do their best, no doubt, maintain a routine inspection, and are always willing to look into any complaint. The licensees, no doubt, keep in mind their statutory obligations, but they can argue plausibly that you cannot be certain of a person's age if he or she chooses to lie about it and that the consequences of a mistake or an argument—in the atmosphere of a bar—may be unfortunate. "Rough houses" are to be avoided. The police are not in much better case, for identity cards are no help. It is admittedly not easy to suggest remedies, but one can see little objection to the proposal of the Manchester Information Committee that the identity cards of those under twenty-one should bear the date of birth. It seems the necessary foundation for any systematic enforcement of the law. For the rest we must rely largely on the moral appeal, on social agencies, and on the provision of healthier counter-attractions. But we should not throw up our hands or pretend there is no evil to meet.—The *Manchester Guardian*, Manchester, England, Oct. 9, '43.

The January *INTERNATIONAL STUDENT* . . . impresses me as an exceptionally able presentation of the situation.—H. WALFORD MARTIN, N. J.

Jack London Knew His John Barleycorn

By BISHOP EDWIN HOLT HUGHES

ONE OF THE MOST PICTURESQUE literary figures in America, Jack London lived a sadly romantic life. He was oppressed, made morbid, by the fact that he was illegitimate; his father never really acknowledged him; his mother was a handicap and fretful spendthrift.

In boyhood hardships shadowed him day by day; in manhood, he made hardships for himself. His frightful financial losses in building and voyaging his boat, *The Snark*, and his extravagant expenditures on his Wolfe House, where his treasures became ashes, were but the larger evidences of his need of a business manager.

Yet he managed himself more unwisely than he managed his travels and real estate. When but fifteen years old he took his first drink. "Eager to prove that he was a man," he became a progressive drinker, not because of a taste for liquor, but because of pride. When times were dull, he drank for excitement; when times were wild, to obtain more wildness. Naturally kindly, he would drink with rough comrades until, on his South Sea tours, he wantonly wrecked a native village. Once he carried a quart of whisky over the Chilcoot Pass in Alaska for six months without removing the cork; then he used it as an anæsthetic for a badly injured man. Yet corks grew to bungholes and drops to gallons as hissprees became chronic. Even after he had made a national sensation by publishing *The Call of the Wild*, he answered the "call of the wild" in his blood, got "tipsy dreaming roseate dreams for the future." He celebrated both happiness and sorrow with rum.

Thus more and more his body began to demand the alcohol that taste did not desire. His moods became morbid and intense. New York City "excited him physically and depressed him nervously." Once Upton Sinclair met him there and found

Condensed from "Jack London: Our Strange Comrade," by Bishop Hughes, of the Methodist Church, *The Voice*, Washington, D. C., Feb., 1944.

him wild and "bleary," draining over-plenteous liquor with his meals. Ira Pyle declared that at lovely Santa Rosa in California Jack drank his whisky "out of a twelve ounce tumbler," defeating all rivals! Evidently Pyle considered himself no amateur! Yet he says that London took four or five drinks to his one. When his pen was slow or dull, he whipped it to speed and skill by the false help of rum.

Oddly enough, the social sense of his nature contested with his personal appetite. No one could question his interest in human beings. Had he been as anxious about himself as he was about them, he might have escaped from his alcoholic Devil. A personal drinker, he voted for no-license because he was convinced that saloons were a peril for working-men and their families.

In this confused attitude London has had some near-companions. I have personally known drunkards who were ardent advocates of teetotalism and prohibition! Indeed, as I write these words, my memory sees a sad group of reeling pleaders against rum! After all, is not the man who has known the scorching agony of flame a good witness against fire?

But Jack London had a peculiarity in this respect: I can find in his words nothing that resembles an abstinence pledge. Upton Sinclair doubtless is right when he says that Jack had "not the slightest intention of giving up liquor." He patronized the dram shops that he desired to outlaw!

Out of this queer medley of feeling there came his JOHN BARLEYCORN, a book that produced a weird and wide effect. Ministers and reformers gave it praise; distillers tried to have the motion picture, made from its pages, suppressed! Jack declared that the mingling of autobiography and fiction was not overdrawn, adding "I did not dare to put in the whole truth."

Personally, I think that the main point of the volume is that the accessibility of alcohol explains its great use! It "beckoned to him at every turn" of life. He wanted John Barleycorn treated as if it were "arsenic or strychnine, and typhoid and tuberculosis germs." He cried, "Don't let him lie around, licensed and legal, to pounce upon our youth."

In his autobiography, "American Outpost," Upton Sinclair speaks of the problem of his own father drinking. Then he

(Continued on Page 158)

Liquor After the Peace

By EDWIN H. MAYNARD

PEACE WILL BRING into conjunction many chronic and new problems, both in this country and abroad. Realization of this obvious fact is indicated by widespread consideration of post-war problems, yet one chronic problem, or chronic symptom, is receiving little consideration. It is the famous "alcohol problem."

Alcohol has been considered for so long that perhaps many are growing weary of considering it, but it cannot be eliminated as a factor in the tremendous task which must be faced in reconstructing vast areas in Europe and the Orient as well as in a moral reconstruction here at home. The paragraphs which follow do not propose to solve the problem. That is a task for men of greater technical training and broader experience. But it is hoped that these considerations may help stimulate interest in this neglected area of our post-war planning.

The task of reconstruction and rehabilitation already has begun in North Africa and Italy. It will expand, and may well become one of our dominant concerns in the near future. Its concern is with rebuilding houses, restoring land to production, and getting peacetime industry started; but more important is the reconstruction of men. Starved populations of enemy and allied lands will be fed and nursed back to health. Wrecked individuals who have seen far more tragedy than any human soul should endure will be given fresh starts. Whether rebuilding the body or the soul, the reconstruction worker must know the part played by alcohol and have a definite policy toward it.

Shall a refugee camp have no liquor? Shall only the common native drinks be permitted? Or shall access to alcohol be free? To answer these real and perplexing questions the relief worker will need to know how alcohol rates as a source of energy, how it affects the bodily processes, and how it affects the system as a whole. He will need to know whether an undernourished or exhausted body is harmed more by alcohol

than a healthy one. He will need to know the correlation between these effects and the amount of alcohol taken, and under what conditions taken.

The psychological factor also is important. Men and women with whom a relief staff works are men and women with much in the past to forget and much in the present to escape. Many already are dependent on alcohol for that escape. Is it best to let them continue in that way, or should the alcoholic escape be eliminated? And if it is to be eliminated, shall it be done at once or gradually? What kind of interests can be fostered to give the escape which these people need and may be finding in alcohol?

These questions scratch the surface. They and hundreds of others will be met, and already are being met, by those who give relief in war-stricken areas. The answers are answers for experts to give, yet they must be answered by men who need to answer at the same time questions regarding food procurement, transportation, occupations and many other facets of the task. There are technical manuals to help them in other fields. It should be the responsibility of someone to see that pertinent information with respect to alcohol be assembled and published in a form easy to use in the reconstruction situation.

At home the problems are different. There will not be camps here for homeless refugees nor for undernourished children and adults. There will be fewer problems of nutrition, but many problems of the mind. These problems will be met through our already established channels: through churches and schools; through psychiatric clinics, by doctors in private practice, and by homespun man-to-man advice. Here are some suggestions as to what the problems may be:

First, the problem of *disillusionment*. Returning soldiers will find that democracy at home has not been kept spotlessly pure, and that the old job is pretty dull after the excitement of combat and the experience of seeing the world. The economic boom as peacetime industries are reborn will bring problems of personal adjustment as severe as those of the war industries, and it is not impossible that economic depression may follow, recalling the many problems of the early thirties.

Escape. No new world will be built overnight. The Amer-

ican of post-war years will know much from which he would prefer to escape. It may not be memories of invasion or pangs of hunger, but there will be a desire to get away from himself, and perhaps from others. The accepted manner for a large part of our population to meet such a problem is to run away from it through alcohol. Is that the pattern which we wish to continue? Or can positive goals be developed to help the individual to adjust himself to an imperfect society and to encourage him to contribute to its improvement?

These problems are inseparably bound up with others, and must be solved by persons whose attention is divided among many problems. There may not be need for a manual, or a new set of facts, but there is imperative need for a pattern of conduct which will give the disillusioned, and the poorly adjusted person a stimulus—and direction—to *solve his problem*, rather than to seek *narcotic escape*.

This *new pattern of life* will come slowly. Already it is too late to help many, but it can be of help to millions more for whom the future holds desperate problems. There has been much thinking on it in the past; to ignore it now is a sin of omission. Thought and action must be intensified.

The picture drawn is a pessimistic one. Perhaps it is over-drawn, but no one can deny that these problems exist. They face us, not as a "liquor problem", but as parts of complex and infinitely variable problems in the lives of millions, and potentially in the lives of millions more. Simple prohibition is not the answer, nor is "control." Neither is of value unless there is an understanding at the individual level; nor can they be worth while without corresponding steps to eliminate the causes of the problems. For it is causes in many areas of life which create individual problems which lead to the "alcohol problem." All are a part of the "post-war problem."

The post-war world is being created now. It *can* be a better world, or it may be a worse one. The preparations made now will determine which it shall be.

THE INTERNATIONAL STUDENT is a welcome visitor to our office; I am delighted to have such a wealth of material as it contains. It is especially interesting in our work of education of youth.—C. ALEXANDER GORDON, Secretary, Quebec Temperance League, Montreal, Canada.

The Cult of Alcoholic Culture

*Seek the Truth
Come Whence It May
Lead Where It Will*

Culture Contrast in Queues

RIDING SOUTH on the Yonge street car, on a December Saturday morning, I saw a queue before a wine shop. Where this queue ended another queue began in front of a motion picture theater featuring "Lassie, Come Home." The contrast in appearance of the two queues was so marked that I got off the car and observed them carefully.

The picture fans stood: the wine-bibbers slouched. The movie crowd certainly had the advantage in hats, coats, gloves and shoes. Their faces were bright and happy, their complexions were clear, they were grouped as pairs of friends or a parent with children whereas the wineshop crowd was made up of individuals, with defeat and unhappiness written on their faces, even their shoulders sagged. For the majority of the wine drinkers their faces said that their souls were dead. The habit had sneaked upon them. They were reaping what they themselves had sown.—GEORGE A. LITTLE, *The Temperance Advocate*, Toronto, Canada, Jan., '44.



Threshold of Responsibility

The increased consumption of alcohol causes an increase in murders. As deaths due to alcohol become more numerous, so will the number of murders in proportion. From this, one can perceive what a prominent, as well as destructive, role alcohol plays in American life.

Alcohol not only causes disease, it aggravates any already present; lowers the threshold of responsibility thus leading to a spread in crime through unwise indulgence.—DR. WILLIAM D. McNALLY, Coroner's Toxicologist, speaking at Illinois Attorneys Convention, Chicago.

Producers Concerned

Problems of wartime liquor distribution were said by one industry leader to hinge on the fact that today's liquor demand is 250 per cent greater than in normal times.

Spokesmen admitted concern, not only over the use dries might make of situations now developing from the inadequate liquor supply, but also over brickbats which may be hurled at honest members of the industry by irate wets who have been stung by chiselers in the black market.

Actually, there would be no appreciable liquor shortage if demand were only normal, declared Thomas W. Balfe, vice president of the National Distillers Corporation.

"The plain simple truth is that the market demand has increased about 250 per cent," he exclaimed.—*New York Times*, Nov. 10, '43.

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Immediate Blunting

The doctor's work is greatly handicapped by social conditions and habits of life that tend to undermine the individual's sense of personal responsibility. Nothing does this more quickly than "a drop too much" alcohol. The chief danger to the youth of this country is the immediate blunting of the higher centers of control and judgment that results.

It is for this reason that those who are engaged in youth work feel a deep concern at the results of the increased drinking habits among the young of both sexes, which, unfortunately, is a matter of common knowledge and needs no statistical support.—DR. R. COVE-SMITH, in a recent letter to *The Times*, London.

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To Help Rebuild Britain

This Council rejoices that the public conscience is being stirred by the revelations, made more manifest by war circumstances, of deplorable social conditions prevalent in many parts of the country. Having consistently advocated better homes for the people, and having ceaselessly exposed intoxicating liquor as the "arch-saboteur" of home and family life, this Council insists that, in the plan for rebuilding Britain, vigorous opposition shall be offered to the liquor trade. In particular, it urges that the people must be given power to im-

munize themselves against the "slum-producing" influence of the public house and that well-equipped social centers (free from intoxicants) shall be provided for the cultural and recreational life of the community, particularly to meet the needs of its younger members.—Resolution, Annual Council Meeting, United Kingdom Alliance, Manchester, England, Oct. 19, '43.

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Is It "Temperance Question"?

Many people still talk about the "temperance" question. It is time for them to adopt new and more meaningful terms. The word temperance relates to the use of liquors and does not cover the whole issue, which has to do with the traffic in liquor as well as its use. By using the term "liquor problem," the whole question is covered and everybody knows what you are talking about.—*National Prohibitionist*, Dec. 15, '43.

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After Pay-Day

The day after pay-day was found to be the worst day for absences, failures to report amounting to 50 per cent of the total number of employees in some cases.—Regional Director, War Manpower Commission, New York, N. Y., '42.

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Bootleg Paradise

The shortage of liquor, caused by the distillery industry's 10 per cent conversion to war alcohol production, and increasing federal taxes, combine to create a bootleggers' paradise. The old-time bootlegger already is back in the picture with offers to sell his hooch at bargain prices under labels of nationally known distilleries.—M. L. CURTIS, Pres. National Alcoholic Beverage Control Assn., *Ohio State Journal*, Dec. 14, '43.

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Kentucky--and Her Bourbon

Kentucky—center of the bourbon distilling industry, with millions of gallons in storage—is drier today than at any time since repeal. Regular customers of long standing are able to buy a pint or a fifth two or three times a month. Others just don't find it at all unless a "black market" dealer can identify you as a non-resident who won't be around to report a ceiling

violation. By the drink even the best brands are always obtainable. Gin, wines and brandies, little in demand in the whisky and beer drinking city, still line the shelves.

Arrests for drunkenness have fallen off 30 per cent since January 1.—*New York Times*, Aug. 1, '43.

SIX-DAY NEW-TYPE PROGRAM

(Continued from Page 138)

afternoon conference of leaders and a night exchange of speakers in the churches. A breakfast conference of ministers with the experts on Monday morning, at a leading hotel, was followed by a four-fold panel discussion that centered in the Yale School of Alcohol Studies and its significance, by the four speakers who had attended and received the certificate of the school. This conference drew a record crowd representing every religious and civic group in greater Mobile. The question of how to deal with alcohol-related problems was given chief attention in this two-hour forum; discussion followed, and further questioning from the social workers, temperance leaders, law enforcement officials, traffic experts, ministers, parents, public health workers. "The facility and readiness displayed by the speakers in handling difficult subjects with great resourcefulness electrified the audience into something of a crusading spirit," said one who attended.

As a result of this beginning, each speaker was called on daily for five, six or seven public appearances; it became necessary to decline additional invitations. Schools, institutes, academies, colored groups, Y. M. C. A.'s, high school clubs, churches, temperance groups kept the speakers busy; one lecturer spoke seven consecutive hours without stop for lunch. Three radio stations, including a state-wide network, turned over their facilities to the campaign.

Five speakers in the public and private schools, for four days, reached thousands of students. A group of young people from all over the city, a special youth leaders' division, met daily in a more thorough discussion-study of the alcohol problems of today, under the leadership of Mr. C. Aubrey Hearn, followed by a great youth rally in a leading church with Miss Lovell Wright of Montgomery, youth leader, as speaker.

A course of instruction in scientific and educational material on the alcohol problem, for teachers and workers in church schools, was given each evening for an hour by Miss Winnie Buckels, Health and Narcotics Department of Mississippi, thus bringing the experienced methods and material of trained education to the aid of voluntary teachers in the churches.

The work of Alcoholics Anonymous in rehabilitating confirmed drinkers—completely reversing the lives of many of them—received large attention. Many special groups were reached, a volunteer group of workers carried bulletins to those interested. The program gained as much publicity, during the week, in the newspapers of the city as did the war. Full page advertisements were used by the committee. "Though over forty public meetings were held by each speaker, not one offering for money was taken; money came through private contribution in sufficient quantities to take care of all expenses."

A packed audience in one of the largest church auditoriums of Mobile, with an address by John L. Hill, Nashville, closed the six-day program. Both here and in the large youth session—and also throughout the week as a whole—there developed an underlying spiritual atmosphere and sense of consecration that means much for the future.

JACK LONDON KNEW BARLEYCORN

(Continued from Page 150)

adds—"I have a photograph of Jack and George and the latter's wife, Carrie, taken on Jack's sail-boat on San Francisco Bay: three beautiful people, young, happy, brilliant—and all three took poison to escape the claws of John Barleycorn. Now there is a new crop of friends . . . our best,—novelists, dramatists, poets, journalists—all stumbling down the same road of misery."

What was the personal sequel for the lovable London? On the morning of November 22, 1916, his Japanese servant found him in a narcotic unconsciousness that soon became death! On the floor were two empty vials labelled as containing deadly poisons!

But the preliminary poison was not morphine or atropine sulphate! It was Alcohol! Jack London was forty years of age when he died. John Barleycorn had won!

A Tribute to the Editor

By **LOGAN H. ROBERTS**

A long-time friend in Fellow Service with the Editor

THE EDITORIAL, "Renewing Educational Leadership," in the January number of THE INTERNATIONAL STUDENT, calls for and demands commendation and recognition. For it reflects the life-time service of its author, spent in seeking and obtaining the Truth, and the Leaders, so that the Alcohol Problem may go forward toward solution; and as soon as possible, for the benefit of society.

Harry S. Warner, I want you to publish my personal tribute to this editorial, and to you for faithfulness of purpose in having steered straight toward the goal of knowledge when it comes to dealing with this greatest of all problems. May the reader turn back to the January issue, re-read and ponder that editorial.

Every student and educator should have THE INTERNATIONAL STUDENT, evaluate its appeal and assume the leadership that humane welfare and public affairs are more and more demanding. I look back to 1903, when as a secretary of the Association, I organized student groups and contests in 90 colleges and universities, to awaken the future leaders of those days to the opportunities of service that awaited them. Later and now, many of these as educators and in other fields, are doing much to meet the changing methods of approach and to find the right solution.

It is wise to begin the search for Truth, even in the high school years.

Logan H. Roberts, Attorney and Civic Leader of the Pacific Northwest, is a graduate of Nebraska Wesleyan University, with M.A. degree from New York University and LL.B. from the Law School of N. Y. U.; he is a member of the Washington State and the American Bar associations; he has been a Delegate to the Methodist General Conference and is a church as well as a school leader. When a College Secretary of The Intercollegiate Prohibition Association in 1903, he was strikingly successful in his contact with students, personally and in large groups. His work went far in the enlistment of the leadership of the national movement seeking solution to the liquor problem of those and succeeding years.—H. S. W.

LAG IN PUBLIC KNOWLEDGE

SCIENTISTS ENGAGED in alcohol research have contented themselves with statements to the effect that the ever-progressing research around alcohol should be made available to the general public, and that scientific education on matters pertaining to alcohol should be carried on. They did not, however, take concrete steps to effect it. The lag between scientific investigation and public knowledge has been considerable in all fields; but in the case of alcohol research the lag has been particularly pronounced.—E. M. JELLINEK, Director, School of Alcohol Studies, Yale University.

POSSIBILITY OF PREVENTION

The new cases of alcoholic mental disease admitted to the institutions for mental disease in this state (New York) in 1938 numbered 867, as compared with 147 in 1920. The low figure of 1920 indicates the possibility of prevention of this group of disorders. The matter presents special difficulties as society is divided as to the best methods of controlling the liquor traffic. In the meantime the trend of alcoholic mental diseases is markedly upward.—HORATIO M. POLLOCK, Ph.D., Director, Mental Hygiene Statistics, N. Y. State Dept. of Mental Hygiene, in *What May Be Hoped for in the Prevention of Mental Disease*.

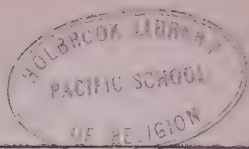
INITIATING DISEASE

It is time there was some plain speaking about alcohol and its effect on venereal diseases. Alcohol has perhaps more to do with illicit love-making and more to do with venereal diseases than any other one agency. Alcohol is the greatest of the health problems we have to face today.—CHARLES HILL, M.D., Chairman, Central Council for Health Education, of Great Britain, in a radio address.

HERE is a 10-spot. Hope it helps. Best of wishes and God speed your progress.—CHAS. F. ADAMS, Des Moines, Ia.

MAY
1944

THE
INTERNATIONAL



STUDENT

OF LIQUOR IN LIFE TODAY

IN THIS NUMBER

WHAT IS THE ALCOHOL PROBLEM?

A MODERN APPROACH

TO THE PROBLEM

CULT OF ALCOHOLIC CULTURE

THE LONGER LOOK

RELIGION AND THE ALCOHOLIC



PAYNE WHITNEY
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Democracy
is something
deeper than
liberty; it is
responsibility"

THE INTERNATIONAL STUDENT

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HARRY S. WARNER, *Editor*

Putting "Science" to Work

CAN WE NOT DEVELOP a scientific program in place of our haphazard fumbblings with the problem?

"Scientific" is a magical word invoked alike by physicians, reformers, social workers and ministers. Yet any attempt to put "science" to work may provoke antagonism, if in so doing we challenge established authority and threaten the security of existing institutions and their prejudices and illusions. We remember how many emotions and hostilities were provoked by the scientific statement that the world was round and that it revolved around the sun. How then shall we deal with the emotional factor which the public injects into so complex a problem as alcoholism? For we are dealing here, not with the problem of alcoholism alone, but also with public wishes and anxieties which may impede its solution.

—NATHAN ADLER, *Beacon*, Bulletin of the Mental Hygiene Society of Northern California.

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What IS the Alcohol Problem?

By E. M. JELLINEK, Sc.D.

Director, School of Alcohol Studies Yale University

TO DEAL WITH the problem of alcohol *as a totality*, is the purpose of this discussion. Specialists present particular aspects, physiological, psychological, clinical, legal, social, educational or religious; but specialists are limited to their own fields. Each may present his material with such emphasis as to make it appear to be the quintessence of the problem. Some are aware that they deal with but one aspect; others, however, blinded by their speciality, may see in other fields only some slight contribution to which they must be tolerant.

But the knowledge that the public gains of the alcohol problem, if any at all, is always that of one aspect or another; practically never the problem itself, since it is difficult to speak of complex problems as a whole.

Complex—Not Simple—Problem

Thus it comes about that the alcohol problem has been oversimplified, resulting in much confused thinking. Unless it is approached with respect for its magnitude and complexity, as are other problems in the science of life and society, progress will be slow.

I cannot express the alcohol problem as a whole. However, I shall endeavor to give a perspective of it and to determine the net residue that may be regarded as the problem itself. By assigning due weight to each part and looking at all the evidence, it may be possible to arrive at a balanced evaluation.

To apply science to the alcohol problem, the scientist must

Condensed from a lecture at the Yale School of Alcohol Studies, July 12, 1943.

find the relation between science and life. Temperance literature in a sense, is a part of the evidence. There is more to it than a mass of "data"; the trend of the literature itself is important evidence to be integrated into the total. Abstinence from the use of alcohol is an aspect, as is drinking. Any scientific view that does not take it into account is incomplete.

Drinking is a continuous variable which runs, not merely from zero to some positive value, but from some negative point, through zero, to a positive limit. The zero point may be represented by those who abstain because of personal dislike or low tolerance; the negative, by those who regard the beverage use of alcohol, without reference to degree, as anti-social. I shall relate the assets and liabilities of the scientific approach. This will have an increasing influence on the neutral masses who play a decisive rôle in the practical handling of the problem.

Usually Over-simplified

The scientist recognizes the complexity of the problem, but not fully; he, too, simplifies. But if the view of the scientist is incomplete, that of the temperance movement is even more so. And over simplification retards progress. On the other hand, the temperance movement has an important asset. It recognizes that economic interests and the interactions of capitalistic society play an important part in the problem. The scientist in his laboratory has not seen these implications. A solution based exclusively on present scientific findings would lack an element, the consideration of which is imperative. In its stress on the economic factor, however, the temperance movement has developed a liability, for from anthropological material, we see that the use of alcoholic beverages persists in primitive societies for thousands of years in the absence of fostering economic interests. Evidently, the economic factor, which some schools have singled out as the mainspring of the problem, cannot be divorced from the cultural and personality factors, which furnish a ready market. Sole stress on either aspect makes for incomplete and temporary solutions.

Perspective—From Distant View

To obtain a concrete perspective of the problem, I shall invoke the aid of a writer of the sixteenth century, Sebastian

Franck—a reformer, historian, philosopher and above all, a religious writer. Franck lived in the midst of the people and knew them inside out. He was acquainted with their ways of living, their folklore, and the rôle that drink played in their lives. In 1531 he published a book, *The Horrible Vice of Drunkenness*, which had grown out of deep insight into the problems of his day. Deeply moved by the consequences of inebriety, he gave little thought to its bodily effects. He did justice to these effects, however, in the following words: "A bad, untimely old age; stupid, dull head, vertigo; trembling of the hands; podaga; dropsy; and, as the saying goes, water on the brain."

Franck thought that "Bacchus killed more men than Mars"; but he did not attribute all these deaths to the direct effect of wine. He expressed the modern idea—lessened resistance to disease. He did not pay much attention to the description of acute alcoholism which others dwelt upon in great detail. And he noticed individual differences in response to overindulgence:

"This man sings, that man weeps. One man wants to fight and the other wishes to count the money he does not even have. One man becomes abusive, another meticulously polite. One boasts and another belittles himself. One falls asleep, another vomits. If these men are not fools, I do not know what a fool is."

Ethical Depreciation Crucial

While Franck deplored the bodily consequences, he did not regard them as the main issue. The crucial point, in his view, was the ethical deterioration of the chronic alcoholic. His description of this ethical and intellectual deterioration is disjointed, but when pieced together, it reads much like the modern description of alcoholic deterioration by the great Swiss psychiatrist, Bleuler. This ethical deterioration, to Franck, was a source of evils on a national scale. This ancient yet modern sociologist regarded as inebriety, not the individual but the national manifestations of excess. That the treasury was empty, that the government did not have the money it needed, was, in Franck's view, due to the spending of the larger part of the people's income on wine. In turn this led to theft, pauperism, murder, and drove women to prostitution.

Social Customs as Origin

The difficulty in remedying this condition, Franck found, was that the habit was present in the higher social classes: "Those who should punish it are themselves in the hospital." Anticipating modern sociologists, he saw the origin of habitual drunkenness in social customs. He saw the prestige that social acceptance had conferred on drinking, as one of the important factors. Most significant, however, is it that he saw the barrier against the eradication of drunkenness in that half amused, half condemning attitude with which society now views the drunkard. Only recently this same phenomenon has been described by Myerson as "social ambivalence" toward alcohol.

In the midst of his thundering against drunkenness, Franck paused and said: "Much has been tried against drinking among the Germans but nothing has been achieved. The legislators have failed. . . . It (drinking) is too deeply rooted and sin has become a habit. All would have to be reborn and receive new heads. A new world would have to come, and that will hardly happen."

We need not share Franck's pessimism, but what he said about a "new head" contains the quintessence of the nature, as well as of the solution, of the alcohol problem. This sixteenth century sociologist had seen that inebriety is not an isolated phenomenon, and cannot be attacked as such. His remark about a "new head" implies that he recognized inebriety as an element in a vast pattern. His pessimism was due to his not realizing that even cultural patterns may undergo change.

Background Problems

It is useless to attack a single point in an area, for it will be regenerated by all the other points to which it is related in that area. Action should be directed at the area itself. The understanding of this complexity is prerequisite to a meaningful discussion and to any solution of the alcohol problem. If one is devoted entirely to legislative idealogy, he must devise a whole system of legislative and social measures that will tend to bring about a new pattern of life. In the educational approach, the "new head" must be included as ultimate goal. Facts relating to alcohol are not enough; the approach must be directed to

that complex of social attitudes within which escape through intoxication forms a part.

The outlook is not one that can be changed through obtrusive preaching, or broken down by the enumeration of scientific facts. The scientist must appreciate that the appeal of cold reason does not reach the masses. He must not protest when his findings are translated into terms of every-day life. Only thus can the emotions be reached, and only through emotion-alization, can an effective appeal be made.

Cultural Changes Occur

Radical changes have occurred in the culture of nations, throughout the history of the human race; but there is little to show what brought them about. Yet there are historical indications of factors which may be utilized toward the creation of the "new head," regarding alcohol. Certain peoples, such as the Jews, have been subjected to conditions which have acted as brakes against inebriety.

In studying the alcohol literature of history, we meet the statement that there is no alcoholism among the Jews. Generally, Jews are users of alcohol, although there have been some abstainers. But inebriety occurs so rarely as not to be a problem. Many explanations have been offered. Immanuel Kent wrote in 1798: "Jews do not get drunk, as a rule, at least they carefully avoid all appearance of it because their civic position is weak and they need to be reserved." He added that their safety in the community depends on the avoidance of all possible attention and criticism: that "they cannot relax in self-control, for intoxication, which deprives one of cautiousness," would be dangerous to them. This is the only plausible explanation which I have ever found on this point.

Change Alcoholic Culture

We have here an important social force acting against inebriety. The need for inconspicuousness is greater to the Jew than his need for escape through alcohol. In ancient Greece there was general use of wine without much inebriety. A brake was put on drunkenness through the unanimous attitude of the nation—an extraordinary contempt for drunken behavior.

Whether such attitudes can be developed I do not know. But the existence of counteracting forces, counter-anxieties, shows the possibility. Such reconstruction may be directed toward either abstinence or moderation, as it may please the sculptor of the "new head."

The "Education of Society" sounds impressive; it need not be merely an oratorical arabesque. As the therapist endeavors to develop and exploit the assets of his individual patient, to reorient him, and to guide him toward the most advantageous use of his resources, so may we, in the education of society, have the same elements in mind. Frequently a patient, for the adjustment of his difficulties, is given a substitute that is more acceptable socially than the intoxication to which he has taken recourse. In society, these elements may be more generalized, but the educational process fundamentally is analogous to the treatment of the individual alcoholic.

Realism or "Escapism"

In the more specific psychological and physiological aspects of the problem, it may be noted that the vast volume of experimentation that has taken place shows little about motivation. The wide range of psychological functions that are affected by alcoholic beverages, and an idea of the magnitude of the effects, have been demonstrated, but they have not contributed to our knowledge of the acquisition and development of inebriety. The experiments show that the effect on the central nervous system is not stimulation, but depression. It is this effect of alcohol which makes the alcoholic beverage *par excellence* a vehicle of escape from reality, from self-imposed inhibitions and from those of society. We did not learn from psychology that alcohol gives this release. It has been known for thousands of years. What experimental psychology has contributed is the knowledge that the mechanism of release is not one of stimulation but of abolition of inhibition through cortical depression.

The true significance of psychological experimentation lies in its exploration of the extent of psychological effect in relation to large and small quantities; the problems arising from the use of alcohol, rather than the answer to why men drink,

and why some become problem drinkers. This knowledge is of great practical importance to industrial and traffic problems; but its discussion is not a discussion of the alcohol problem.

Drinking Per Se as the Problem

Of great significance is the contribution of psychiatry, although each psychiatrist—the prison expert seeing only a highly-selected stratum of the drinking population, the morons and criminals that come before him; the mental hospital psychiatrist, noting the symptoms of mental disorder; the physician with experience in a general hospital; the physician or the psychiatrist to whom the inebriate comes for advice—all these specialists see only that heavy indulgence in alcoholic beverages leads to certain consequences which demand a remedy. To them, the alcohol problem is the correction of these consequences. They do not see drinking per se, as a problem. Social pressure, folkways, the pressure of economic interests, the ambivalence of society toward alcohol, seem to them merely vague incidentals in the problem.

A clear discussion is possible only when it is realized that there is a problem of alcohol, as well as a problem of the alcoholic. While the two are closely related, they must be distinguished, and each dealt with in its own terms.

To fully understand the problem of inebriety, the whole population of users must be studied, from the moderate to the excessive user, the compulsive and the chronic alcoholic. To consider the moderate user, it will be necessary to define moderation; that is not easy. No definite standard has been found, especially in relation to quantity. Haven Emerson has given a definition that includes, used with caution "only after the day's work, of mental or physical effort has been completed, and only if inactivity or at least no responsibility or demand for skilled performance is reasonably assured for the next couple of hours." Dr. Emerson presumably states this criteria because as long as we live in a drinking world such a statement may be useful. Quantity alone does not determine moderate use. What Dr. Emerson means is that one can speak of moderation only when the intake will not interfere with responsibility, and when the only aim is relaxation.

Moderate and "Problem" Drinking

In motivation the moderate drinker is distinguished from the problem drinker in the degree of alcoholic relief sought. Anxieties, frustrations and conflicts are the mainsprings of unconscious motivation for the moderate as well as the excessive drinker. Every normal person has anxieties, but usually he is able to manage them, does not lose his head; he has a well-organized personality. In contrast, there are persons who cannot face frustration, whose discomfort becomes so great that they wish to escape completely. They are the problem drinkers. But their personality structure is not the only determining factor. If the social set imposes heavy penalties for intoxication, they may take recourse to other escapes. Or the moderate drinker, placed in a group which cultivates excess, may accept alcoholic relief as an easier way than the normal handling of his difficulties.

Source Factors

Among excessive drinkers from 10 to 20 per cent have become excessive only after the development of a mental disorder. To these, inebriety is only a symptom. More important is the individual who has no mental disorder, but who deviates from the normal sufficiently to solve his conflicts in socially unacceptable ways. But this so-called problem drinker also forms only a small part of the inebriate population. The largest part appears to come from entirely normal origins, brought to excess through social factors, rather than personality factors. Ultimately they, too, become medical problems. Primarily, therefore, inebriety is a social problem which, secondarily, takes on medical aspects.

If the problem of alcohol and the problem of the alcoholic are distinguished from each other, the former emerges as a product of the interplay of sociologic and personality factors. The physiological effect of alcohol, in itself, would not give rise to the alcohol problem if it were not for the existence of those socio-individual interactions for which the effects of alcohol offer a "solution." Furthermore, even the existence of these interactions would not lead to this specific "solution" but for social factors which facilitate the use, and to a certain extent foster the abuse, of the substance.

A Modern Approach

To the Problem of Alcohol

Editorial

TO BE EFFECTIVE in anything—thinking or service—these war-torn times, it seems necessary to be more than ordinarily realistic; to face with utter frankness the situation as it is, crude, rude, or promising. Even the vision of a “better day” stands out more clearly when seen in the light of the quick, hard changes now occurring.

And this attitude may well be taken toward the liquor problem of today, no less than to other war-complicated problems; toward the diffusion and spread of drink practices, the increasing resort to alcoholic pleasure, its flaunting appeal to adolescent youth, and the threat of a post-war slump in social and moral standards. For the reality of that coming reaction period, when nations seek release from the pull of war-service and civilians and military men alike face a “let down,” is one that will have to be met as it comes.

In preparation for that situation, an understanding of the alcohol problem and a program that will be realistic enough, and scientific enough in its inclusiveness, big enough to do a real job, should be considered now, in advance of the critical period.

Results of Over-Simplification

In the past, many of the various efforts to solve the alcohol problem, to do something practical, have failed to see the **JOB AS IT IS**; they were directed at parts of it. The liquor problem has long been underestimated, its strength, the roots of its strength; its spread, its hold in social tradition—in the mores of the masses and the customs of the classes. Over-simplification has made for immediate results, but not for solutions that are permanent. Understanding of it has been one-sided; sometimes symptoms have been doctored and sources overlooked. Street drunks are sent to jail, instead of the hospital; saloons are banished and return as taverns. Drink places are made attractive and brilliant advertising suggests restrained dignity

and moderation ; but spreading usage continues to sift out and start toward excess increasing numbers of those whose emotional make-up or childhood and community experience are such that they cannot resist the anæsthetic attraction of the drug alcohol, coming, as it does, with social approval. Public control by the state is undertaken, but the statistics of alcoholic accidents and death continue undiminished. This most complicated of social problems is, and for long years has been, oversimplified as to approach, proposed solution and estimate of its sources of strength.

Now a new approach is imperative—one that will bring into full play the latest that scientific knowledge has produced together with the best that practical experience has to offer ; one that will be realistic, and yet give a new sense of vision, that is an outgrowth of the decidedly new situation in which we live. A better *understanding of the whole problem* and of its significant parts — its many, many aspects — is now available. The teachings of experience and science are both richer than in the past, and more readily available, right at hand for use. A constructive program and approach, broad enough, deep enough, and continuous enough to reach the main known sources of alcoholism and its consequences in human living, may now have a confident beginning, ready for the post-war reaction period and its stresses.

Seeking the Sources

To be comprehensive in its reach toward the major sources of the liquor problem of today, a larger program will include, as far as possible, representation of all the interests that have any constructive service to offer in the spirit of free discussion and democratic coöperation. It will include, also, many or all of the activities suggested in the following outline :

1.—An Educational Approach that keeps healthful, natural living to the front as the best that life has to offer, and regards artificial short-cut satisfactions as unnatural, unhealthy. The “way of life” that will thus stand out will be the one that strengthens growing personality, develops healthful emotions and attitudes in younger life ; that gives attention to positive, rather than negative appeals ; that strengthens desire for and confidence in that which is better, rather than fear of the in-

jurious, though this, also, has a lesser place. With the cultivation of normal healthy attitudes and activities, in home and school, and a reasonable share of scientific knowledge, the pressure of unhealthy community practices and customs, in large part, may be countered in advance for growing youth. The tradition that alcoholic satisfaction is something to be desired; that in some groups it appears to be necessary socially; that it gives release from inferiority and unhappiness, will, for the most part, come to be accepted by growing young minds, as unrealistic, not true to life, mere drug short-cuts. For they will have learned that real satisfaction comes through overcoming, and not evading, the realities of daily life. Carried *widely and continuously over many years* into home, school, church, and community, such an educational approach and program doubtless is the most fundamental of all that may be undertaken toward solution of the alcohol problem.

2.—Utilization in school, college and general public education of the new, matured and tested scientific knowledge now available, as the key-center of a vastly greater program regarding alcohol and its influence in human life, than has ever heretofore been undertaken in America.

(a) In School Education, by and under the lead of school officials, teachers and such coöperating agencies as may have an understanding of modern educational technique as well as of this specific problem. The approach that then will be made will be that of "Better Health and More Abundant Living" for today and tomorrow.

(b) In the High Schools, Church Schools, and Community Groups, educators and specialists will give renewed attention to the scientific material now available—especially, the mental, safety, community welfare and social consequences aspects, utilizing the technique of free discussion and such local investigation as may be practicable. The "New Approach" in this field is even more significant than that among younger groups.

(c) In the Colleges, the subject relates itself naturally to many departments of instruction: Biology, Psychology, Sociology, Economics, Public and Personal Health, Public Opinion, Government—with opportunity for consideration of the responsibilities of Citizenship to service and leadership toward solution.

(d) In the Community, and among its many modern groups, clubs, organizations and activities, educators and scientific leaders may render a particular service, greatly needed, by extending outward the scientific knowledge and the educational processes of higher education, into the activities, programs, and propaganda of all types of undertakings toward understanding and alleviating the alcohol problem.

4.—Recognition of the Alcoholic as "a sick man" needing treatment, not as a criminal. That alcoholism and addiction are plagues of human health, is a basic scientific conception of recent development. The antics of a drunken man, therefore, can not be taken lightly, as expressions of mere immoralities, or misbehavior, or intoxicated misdemeanor ending in a night in a cell. Too often, in the frequent drinker, they are outward expressions of serious inner conditions that mark him as mentally and emotionally, if not physically, ill. For his care and understanding the services of the expert are required, those of the ex-drinker who understands him, the psychiatrist, the doctor, the trained minister; these are qualified to do the actual work needed, but an intelligent public may aid greatly by drastically changing its punitive to a coöperative attitude; by making provision for sending the frequent drunk to the hospital instead of the jail; by giving this sick man a chance to "come back."

5.—Seek, identify and undertake to reduce and eliminate the sources of such sickness, in the lack of childhood care, the social community, the nation, wherever found. Many deep-seated and long-standing sources of infection of contagious diseases, have yielded to community sanitation and preventive medicine. So may the corresponding sources of alcoholism, though not of germ character, be sought out, studied, identified, made non-toxic, or eliminated.

Social Customs as Source

6.—Examine Social Customs and Community Attitudes as occasions and sources of the alcohol problem and its victims. Practically all heavy drinkers—even the addict who is an "impulsive drinker" because of his inner emotional condition—have had their beginning in a social group, and in their young days. Social suggestion, invitation, desire to conform to expectations, be one with the group, are the starting points for mod-

erate and heavy drinker alike. Thus, youth of all degrees of alcoholic susceptibility, all shades of mental and emotional make-up, heredity, personality, "problem children" and those without a problem—all are continuously exposed to the attractions of alcohol, encouraged to enjoy it, find release in it, and count upon it, until *without knowledge of what is happening*, a sense of dependence on it has been established. And for many in all scales of society, this habit of looking to alcohol for what it gives, IS NOT, or cannot be broken or readjusted until a stage is reached that requires the aid of a specialist, or compels resort to hospital. In every group, of course, there are some who are not appreciably affected, but the number that are, is serious;—a basic fact of the alcohol problem. As a sifting out process of those who are susceptible to alcoholic excess the local groups and social customs of a community constitute a fundamental source of the problem today.

7.—Understand and "de-bunk" the prestige of the socially élite, the economically and politically powerful, who extol as a special privilege, without examination of its influence, the drink traditions of past ages. For without their knowing, fashion carries their acts and sanctions by imitation widely among all classes, especially those with least understanding and most deprivations. Attention to this source may well be a part of any new community program.

8.—Examine realistically the day-by-day advertising that is used so freely as a technique in the creating of new, and the development of moderate drinkers, many of whom eventually become "the alcoholic sick." If alcoholism is "the greatest public health problem" not now being adequately treated by the doctors' profession, as several high-standing specialists have said very recently, the systematic promotion and spread of its only *means of extension*, beverage alcohol, must of itself constitute a serious public health problem. To deal with it, as with other public sources of disease, the aid of legal action may be necessary.

9.—Isolate and understand the sources of alcoholic disease—personal and community—wherever found. Those that are of personality, hereditary, childhood neglect or similar origin will require the attention of the expert, the physician, psychiatrist, minister, social worker and general community improvement.

But those that are of cultural origin, customs, group practices, economic enlargement, in addition, call for changes in attitudes, a more intelligent public opinion, legal restriction, or removal by democratic processes when educational and health measures are found to be insufficient. For the *right and power of the people to protect themselves from liquor, the means to alcoholism, and its community consequences, have been fully tested and established.*

10.—The Voluntary Choice of an attitude that accords with a desire to be free from alcoholism, rather than the continuance of a particular form of pleasure, is a part that the responsible citizen, who sees no injury to himself from the moderate use of alcoholic beverages may well consider as his in the larger, new program toward solution. In doing so, he will be expressing his own social self—the self of his matured personality, that sees realistically the working-out of influential conduct into the life and character of a people.

Those who feel that beverage alcohol is desirable, or necessary in social intercourse, and that vastly larger number who count on it for a sense of release at the end of a day of toil and strain—and all others who usually remain moderate—will only be making their own higher choice of satisfactions, when they discontinue practices that in every walk of life have left a blight on millions of lives. In their relative immunity, they will think of “the other fellow,” or those who cannot, or do not, and never will remain moderate. The man of strength is even stronger when he chooses not to add to the unhealthy pressures that burden the less strong, the less knowing. Here we reach the heart of the alcohol problem. For until men and women of social prestige are willing to set aside the overly-attractive custom that they may not themselves “abuse,” the removal of the sources that initiate alcoholism will be difficult.

New Education Necessary

A new approach, therefore, is now necessary. It must be broader, though not less active and intense. more comprehensive than any such program of the past. It must be education that does not ignore—but reaches—all the influential sources of the liquor problem of modern society. It will not come in the attitude of the reformer, though reform continues to have a large place in the program. It will be infused with the spirit

and attitude of the teacher, the discussion leader, the seeker after truth, "lead where it may."

For if there is anything to be learned from the history of the past fifty years, it is that reform and political action alone can not solve so far-reaching a problem as beverage alcohol. Legislation has a part to play, political angles will always be found in any such movement; propaganda will be outstanding, constructive when legitimately used as expressing tested truth, dangerous otherwise. But for the near future, and for a long time thereafter, widespread popular education in the spirit of free discussion of all phases—all the advantages and disadvantages of alcoholic pleasure—will be imperative.

This larger form of educational effort, that sees the problem as a whole, relating it to every-day living; that faces frankly all the knowledge available, favorable and unfavorable, has not had as much attention through the years as it deserves. Yet it is the method of the present and the future, the only one that will be continuously accepted by educators.

Organizing Education

The promotion of study on the beverage alcohol problem and the distribution of scientific material, is naturally a function of organizations formed for such purposes and with educational experience and background. It can not be left to agencies built for reform, for the promotion of law-observance, for propaganda purposes, or for political action, however necessary these may be in the field and work they have to do. For the process of education now acceptable must be objective, factual, scientific, if it is to have the respect of students and teachers who deal with other controverted questions in this same truth-seeking way.

It is high time for the educators of college and high school to take a new and decided leadership in shaping the policies and programs of "the temperance question." Especially, as the world war comes to a close, it will be their privilege to lead in promoting the discussion methods of approach; extend them to the general public; bring out and make clear the deeper-lying sources and aspects of the problem; teach the public to identify misleading propaganda; and *make scientific knowledge of the problem so interesting and effective* that it will lead to a lasting desire to aid solution.

The Cult of Alcoholic Culture

*Seek the Truth
Come Whence It May
Lead Where It Will*

Cocktail Party Regression

THE EFFECT of alcohol that is eagerly sought, although the seeking is often unconscious, is *the regressive* effect. One need not frequent the habitats of chronic alcoholic persons in order to observe this regressive phenomenon—any normal cocktail party will do.

First, there is the alcoholically conditioned atmosphere of decreased inhibitions and lessened responsibility. Then, judging by their behavior antics, middle-aged, portly gentlemen and ladies with waistlines honored largely in the breech, apparently have slipped off several decades of years. In the mild phantasy of alcohol they are again gallant young bucks and slim, beautiful debs of by-gone years.—E. A. STRECKER, M.D., "Alcoholism," *Hygeia*, Sept., 1940. By permission.

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Liquor Identification Cards

There were ten boys to one girl (ages 21 to 25) standing in line asking the great State of Michigan for permission to get drunk. . . . Said one, "We would have a heck of a time if we couldn't drink at the New Year's party"; another, "I'll say; I can't talk at a party until I get well oiled."—News Reporter, *Detroit Free Press*, Dec. 30, '43.

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Source of Worry

The psychiatric toll among men returned from the front in the past few months has mounted steadily. . . . The soldiers are worried about their wives, mothes and sisters. They read of the jammed cocktail rooms, night clubs and theaters.—*Lansing State Journal*, Mich., Dec. 30, 43.

Most Successful in History

Beer sales for 1943 are estimated to be in excess of 72,000,000 barrels. The brewing industry has just finished the most successful year in its history.—*Brewer's Digest*, Jan., '44.



Not Like Other Business

We must not forget that our business is dependent on the sufferance of the public. We are not in a position like the shoe business, the clothing business, the flour business, or the steel business. They cannot be voted out of business, but we can be voted out. What happened in 1919 can happen again and will happen again unless the brewing industry is constantly on guard.—HERBERT J. CHARLES, United Brewer's Association, speech in Chicago, Jan. 10, '44.



"Crackpot Theory," Says Hoover

The other day a friend of mine, a police chief, saw a 15-year-old girl coming out of a tavern. She had obviously been drinking. The chief knew her, knew her family—respectable, serious-minded people. Shocked, he took the girl home, an example of how the best homes are being hit. But the rest of the story, to me, was even more significant. He expected the child's mother to be upset, and she was—but not in the way he had expected. She was upset because of the indignity he had inflicted on the girl by bringing her home . . . she should have been allowed to look out for herself. That . . . was the way to develop a child's character.

And that, I insist, is the kind of crackpot theory which has laid the groundwork for our present surge of teen-age trouble.—J. EDGAR HOOVER, Director, Federal Bureau of Investigation.



Seeking Emotional Holiday

Some men drink in order to experience an emotional holiday. Who has not felt the strain of monotony, the dull pain of constantly repressing one's natural desire for freedom? The conflict that comes from complex civilized patterns of life, which thrust upon one such momentous decisions, is not conducive to

poise or peace. A man works all day at a job that does not give him any sense of importance nor any variety of experience; when all about him are people whom he fancies are getting more out of life than he is. His sense of individuality fades. He is unhappy and Esau-like he is willing to try a short-lived happiness. So he kicks over the traces; he blows the lid off his drab pail of circumstances. For a few hours, at least, he "feels good."—R. LOFTON HUDSON, "Why Men Drink," *Bapt. Training Union Mag.*, Apr., '43.



"What is a Tavern?"

You learn about taverns by going to taverns and what you learn is that most of them are dumps and the very institution which was never to return to our fair land after prohibition was repealed except that, whereas that old institution was strictly stag and usually on a corner, the tavern is co-ed and everywhere. . . . They include respectable dames and tramps, married, single, young and old, cute ones and otherwise, and their conduct and capacity for liquor are about level with the men's.—WESTBROOK PEGLER, "Fair Enough" column.



Liquor Consumption in 1943

The final figures of the United States Internal Revenue Department for the fiscal year July 1, 1942, to June 30, 1943, show consumption of all types of alcoholic beverages, as indicated by tax paid withdrawals, totalling 2,367,736,496 gallons, an increase in consumption of 10.6 per cent over that of 1942. This amounts to a per capita consumption of 17.9 gallons, a notable increase over 16.01 gallons in 1942 and 14.07 gallons in 1941.



Arrests for Liquor Offenses

The ratio of arrests for drunkenness per 100,000 of the population was two and a half times as great in 1942 as in 1932, and highest since repeal. F.B.I. reports show that arrests for drunkenness per 100,00 have increased as follows over 1932: 1933, 22.7 per cent; 1943, 79.3 per cent; 1935, 94.4 per cent;

1936, 102.9 per cent; 1937, 100.5 per cent; 1938, 80.6 per cent; 1939, 82.1 per cent; 1940, 91.7 per cent; 1941, 106.4 per cent; 1942, 174 per cent.

The ratio of arrests for driving while drunk per 100,000 of the population in 1942 were nearly double those of 1932. F. B.I. reports show: 1933, 3.8 per cent; decrease, 1934, 16.4 per cent increase, and increases for the following years—1935, 33 per cent; 1936, 48.7 per cent; 1937; 74.7 per cent; 1938, 49.3 per cent; 1939, 61.3 per cent; 1940, 53.3 per cent; 1941, 99.7 per cent; 1942, 97.3 per cent.—LAURA LINDLEY, Research Secretary, Anti-Saloon League, Washington, D. C.



Questioning Liquor Rationing in Sweden

A Swedish system for testing public opinion in that country late in 1943, took a poll to determine the public attitude toward the Swedish individual rationing system of liquor purchasing, known as the Bratt System. The question was: "Do you believe that the abuse of alcohol would increase if the spirits card were abolished and if, instead, prices were further increased? Or do you believe that prices are already high enough to make it safe to abolish the spirits card?" Of the answers, 41 per cent replied that the system could be abolished even if prices were not increased; 12 per cent that rationing could be abolished only after prices had been raised; 28 per cent that, even with a rise in prices, abolition of the spirits card would be followed by increased abuses; 19 per cent had nothing to say.—*Bulletin*, International Bureau Against Alcoholism.



Serious Questioning

That any great industry should be so seriously questioned as is that of liquor-selling, is a significant sociological fact. The latest expression of public attitude, that of the poll of the American Institute of Public Opinion, February 9, centers in the question whether the sale of liquor should be forbidden during war-time. This "Gallup Poll" shows 36 per cent of those interviewed in this scientific test as favoring wartime prohibition, 64 per cent as opposed. Only one in twenty seemed to have no opinion.

The Longer Look

ERNEST H. CHERRINGTON, LL.D.

Executive Secretary, Board of Temperance, Methodist Church

REPEATED STATEMENTS have been occurring in various publications recently that the intoxicating liquor situation in the United States is much worse at present than at any other time in history. If that were true, it would mean that all the efforts of the past fifty years have been of little permanent value. This impression is due, probably, to the fact that the remarkable increase in the consumption of intoxicating liquors of all types, between 1932 and 1937, has been much greater, proportionately, than the rate of increase in any other similar period.

The Record

It is not strange that the contrast in trends before and after repeal should make it appear that the post-repeal consumption has been greater than at other periods. The fact is, however, that the per capita consumption of beverage alcohol since 1932, measured in terms of absolute alcohol, has not by any means reached the peaks of per capita consumption in other periods since 1840, the first year for which government statistics are available. From the records of the Internal Revenue Bureau, it is clear that the efforts of the religious and moral forces of the nation have resulted in definite, permanent progress toward sobriety, in spite of the forces working in the opposite direction and the tremendous reaction due to the repeal of national prohibition.

Peak of Consumption

The highest record of consumption of absolute alcohol in intoxicating liquors of all kinds, for which records are available, was in the year 1907, when it reached 1.9155 gallons per capita. That same year witnessed the beginning of a tide of temperance education that, in the twelve years following, became the

Condensed from *The Voice*, Washington, D. C., Febr., '1944.

greatest and most effective of any such movement in American history. For not only agitation and governmental action, but also educational work went forward in that period at a more rapid pace than at any other before or since. An increase in liquor consumption occurred in 1913, but it did not reach that of the peak year, 1907; however, 1913 became second highest. From that date to the period of the Eighteenth Amendment, there was a general decrease in consumption and an increase in dry territory. Tens of thousands of elections in townships, counties, villages, cities and other political units not only reduced the wet territory of the nation, but also the per capita consumption of absolute alcohol.

In 1920, according to all records and estimates, the per capita consumption of absolute alcohol was the lowest in American history. During the period 1920 to 1933, when the only liquors available were those from illicit channels, various estimates of the amount consumed were made, based on government estimates. But there was no single year in that period in which the per capita consumption, including a reasonable estimate of illicit liquors, ever approached the consumption of any similar period before national prohibition.

Facts and Figures

The wet strategy of getting across to the public the idea that prohibition had been settled, that therefore there was no need of continued activity by temperance organizations, was perhaps the cleverest and most effective deception of the many conceived by the leaders of the liquor forces. This was preliminary to the political coup of 1932 which, engineered by both Democratic and Republican leaders, was directly responsible for repeal of the Eighteenth Amendment.

The last fiscal year in which the Amendment was technically in operation, and in which year malt liquors were permitted by Act of Congress, the per capita consumption of absolute alcohol was 0.1079 gallons. Repeal of the Eighteenth Amendment was announced on December 5, 1933. The per capita consumption of absolute alcohol in the fiscal year 1934 was 0.5798 gallons; in 1935 it was 0.875 gallons; in 1936, 1.0764 gallons; in 1937, 1.2670 gallons. This was the highest record of per capita consumption following repeal.

The figures for the years 1938, 1939, 1940, and 1941, were all under the figures for 1937. Complete figures for 1942 and 1943 are not yet available, but enough information is available to indicate that the per capita consumption of absolute alcohol in 1942 was larger than in 1941, and that the per capita consumption in 1943 was probably larger than that for 1942, and that 1942 was probably very close to the former peak of 1937, while 1943 will probably show a slight increase over 1937. The record for 1941, 1942 and 1943 was greatly affected by the war, and by abnormal importation of liquors of high alcoholic content. It is safe to say however that even the increased consumption of absolute alcohol during the years 1942 and 1943, as well as all the years since the repeal of national prohibition, has been far less than the per capita consumption of intoxicating liquors in the peak year 1907. Whatever may be said of the surge backward during the period of repeal, the significant fact remains that the great gains made during the thirteen years prior to national prohibition and the thirteen years during national prohibition have not been wiped out, and that the liquor traffic has much distance yet to travel before it can possibly overcome the loss in per capita consumption since the peak year of 1907.

The Turning Point

Laws, regulations, and constitutional amendments have been repealed, but the work of education, which has continued for a half century, has certainly not been repealed. An enlightened people are today consuming less absolute alcohol per capita, than for any year for the last half century, with the exception of the period between the years 1918 and 1936, both inclusive.

The year 1907 marked the turn of the tide, both toward a substantial trend of increasing dry territory and in preventing an increase in per capita consumption of alcohol. In spite of the wholesale repeal since 1932 of restrictive laws which had been in operation for forty years or more and in spite of the expenditure of hundreds of millions of dollars in liquor advertising, the like of which had never been known before 1933, high pressure methods and lax government activities all together have not been able to bring the per capita consumption

THE OPINIONS HELD by group leaders in a democratic nation *today* become the mass opinion tomorrow. If we can succeed in ascertaining what those who mold public opinion believe now, we have a reliable preview of what public opinion and action will be later.

—EDWARD L. BERNAYS, "Preview of American Public Opinion," *American Mercury*, Mch., '44.

of absolute alcohol in the nation up to the peaks of 1907 and 1913. In fact, the highest yet reached since repeal has probably not exceeded 1.267 gallons of absolute alcohol, while the highest, in 1907, was 1.9155 gallons. In other words, the per capita consumption of absolute alcohol in the United States today is 30 per cent less than in 1907; or, to put it another way, the per capita consumption of absolute alcohol in intoxicating liquors in 1907 was approximately 50 per cent more than it is today.

Triumph and Reaction

The repeal of the Eighteenth Amendment did not carry with it the repeal of the public sentiment that had been built up throughout the nation during the long years of agitation and education, nor the knowledge of the effects of beverage alcohol taught in the public schools and emphasized in the churches.

The year 1907 marked the end of an increasing trend in alcohol consumption, which for the seven years between 1900 and 1907, was 27.44 per cent. If that trend had continued for each of the five periods of seven years between 1907 and 1942, the per capita consumption in 1942 would have been 6.4388 gallons of absolute alcohol, instead of 1.27 gallons. The Eighteenth Amendment was repealed, but the work of education relative to the alcohol problem has not been repealed.

I HAVE been watching your INTERNATIONAL STUDENT with much interest and believe you are doing an extremely good job in emphasizing the scientific rather than the emotional basis for temperance.—NATHAN ADLER, Mental Hygiene Society of Northern California.

Religion and the Alcoholic

By ILA GRINDELL
World League Against Alcoholism

IN TWO OF THE MAIN LECTURES at the recent Yale School of Alcohol Studies, it was developed with much background material, that the alcoholic addict—and the intemperate drinker on the way to addiction—often manifest strong feelings of prejudice toward religion and the church.

Both of these experts, Dr. Seward Hiltner, speaking on "The Religious Make-Up of the Alcoholic," and William Wilson, of Alcoholics Anonymous, on the experience and methods of that great association of ex-drinkers, brought out and tried to explain this situation. It was noted that the life-stories of many of those reclaimed reveal this attitude as habitual. In one case, a man so obsessed with antagonism to all things religious that the very name of God would start him into a burst of fury, cried out: "Damn God!" But even he, with the aid of Alcoholics Anonymous, came to acknowledge his dependence on a higher power and was saved from his alcoholism.

To avoid this prejudice, members of Alcoholics Anonymous, in dealing with drinkers, refer simply to a "Higher Power." But that their experience is a religious experience, and that the process of regeneration is one of conversion, is shown by the similarity between the "Twelve Essential Steps Leading to a New Way of Life," as set forth by Alcoholics Anonymous, and the "Spiritual Exercises" of Ignatius Loyola.

Condensed by Miss Ila Grindell, World League Against Alcoholism, a Fellowship Student at the Yale University School of Alcohol Studies in 1943, from the lecture, "The Religious Make-Up of the Alcoholic," by Rev. Seward Hiltner, July 21, and "Alcoholics Anonymous" by William Wilson, delivered Aug. 12, 1943.

Twelve Essential Steps

The "Twelve Essential Steps" are:

1—We admitted that we were powerless over alcohol; that our lives had become unmanageable.

2—Came to believe that a Power greater than ourselves could restore us to sanity.

3—Made a decision to turn our will and our lives over to the care of God *as we understood him*.

4—Made a searching and fearless moral inventory of ourselves.

5—Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

7—Humbly asked Him to remove our shortcomings.

8—Made a list of persons we had harmed, and became willing to make amends to them all.

9—Made direct amends to such people wherever possible, except when to do so would injure them or others.

10—Continued to take personal inventory and when we were wrong promptly admitted it.

11—Sought through prayer and meditation to improve our conscious contact with God *as we understood him*, praying only for knowledge of His will for us and the power to carry that out.

12—Having had a spiritual experience as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

Analyzing studies made of chronic alcoholics, Mr. Hiltner pointed out the importance of psychological factors in producing alcoholism. The following conditions were found in the history of many chronic alcoholics:

1—They had domineering but idolized mothers and stern, autocratic fathers, whom they feared during childhood;

2—They had disproportionately great affection for their mothers;

3—Unquestioning obedience was the main characteristic of their early life;

4—Their overt interest in the opposite sex was great, with

many love affairs, but poor adjustment in marriage ;

5—They had a comparative lack of self-consciousness, and were generally acceptable to other people socially ;

6—They were very much keyed up emotionally, and lived in a state of high nervous tension ;

7—They had occasional depressions and periods of marked unhappiness ;

8—They had a strong underlying feeling of insecurity, which usually involved feelings of *guilt* and *sin*, and a strong desire and need for *security of a religious nature, which need was often unconscious*.

In tracing the process by which these conditions might be brought about, Mr. Hiltner said : "The basic need of the child is for security. In the entirely healthy family this need is met by love, the child having the complete assurance that he is wanted. *He learns to love by first being loved*, honestly and openly. He can then stand discipline, frustration and a good deal of actual deprivation, because he has an emotional rock on which to stand. Love is the primary psychological need of the child, and it is primarily in the realm of attitudes. If the parents do not really have it in their attitude, nothing they can do by way of behavior will suffice to conceal the real fact from the child's innermost self-awareness, inarticulate even to himself though he be. The fact registers somewhere.

"Religion is associated with ultimates, ultimate fear or ultimate love ; psychologically speaking it always deals with whatever we consider as ultimate about the world in which we live. The child learns his real religious attitudes largely on the basis of what his attitudes are toward the people in his life. If he has been given honest love and hence has inner psychological security, he will have no trouble with the idea that God loves him but demands things of him, for that is exactly what his parents do. But if the love he receives is hypocritical, and the security a pseudo-security, then God will become for him the same kind of being as his parent : stern, rigid, demanding the renunciation of his very self-hood. Is it not natural that the child should have an inner desire to rebel? Another way to say it is that psychologically he has rejected his parents but feels guilty. This feeling of guilt is also a feeling of sin. He

has associated the realities of religion with the realities of his parents. . . .

"The experience of the A. A.'s seems to show that the attitude of the alcoholic toward religion is like his attitude toward love and friendship. He may have a speaking acquaintance with it, may get along, so to speak, with its trappings, but *never really come to grips with it*. The alcoholic is social but has no friends who really understand him. The alcoholic is religious, but has no religion that really sticks with him. He cannot have real friendships or real religion until he changes.

"Watch an alcoholic fight understanding friendship among the A. A.'s, and we find the same picture as in fighting religion, though one must look beneath the surface to see what I am discussing."

In building up his prejudice against religion, the alcoholic is influenced by the following reasons, according to Mr. Hiltner:

"1. The cultural association of drinking with virility, and of religion with unvirile things;

"2. The primary association of religion with buckling down to complete obedience (which to him means no freedom of personality);

"3. The belief that he has tried religion and it has failed (he has not really tried a religion of crisis, which is the only kind that will do him any good);

"4. His recognition that to accept religion would really produce revolution in his personality;

"5. The general persistence of his compulsive habits, both in relation to personality and to the use of alcohol;

"6. His sensing of the possessively authoritarian element in some religion, particularly some elements of church religion, and his resentment and suspicion of that."

To sum up, Mr. Hiltner suggests "that most alcoholics received in their childhood only hypocritical affection, that they had only papier-mache inner security, that this fact made them look with compulsive longing to the kind of security religion may bring, that a combination of factors prevented them from finding this until they reached a state of desperation about their alcoholism, after which the 'plus' side of their religious desire gives them more potentiality for cure than they realized they

had." In other words, "The alcoholic addict has a compulsive need for religion of a kind which will remove some of his basic anxiety and insecurity, and will palliate or neutralize a good deal of the rest. Ordinarily he is not only unaware of this need, but antagonistic to its recognition. His need may never be brought to awareness, unless he is in true desperation, and it is then brought out with the help of some one who has an understanding both of this religious need and of his resistance to it."

INDEX OF *THE INTERNATIONAL STUDENT*

Vol. XLI (October, 1943 -- May, 1944)

	PAGE
Adler, Dr. Nathan, Bring Alcoholism Out Into the Light of Day	54
Advertising to Create Attitudes, Dr. John C. Almack	87
Alcohol and the Instincts, Dr. Bedford Pierce	57
Alcohol and the Vitamins, Dr. W. McAdam Eccles	55
Alcohol and Vitamin Deficiencies, Dr. Wilbur L. Du Bois	74
Alcohol Problem, The, Dr. E. M. Jellinek	163
Almack, Dr. John C., Advertising to Create Attitudes	87
Anderson, Dwight, While Society Has Always Been Interested	59
Appeal of "A New Way of Life," Prof. Howard E. Hamlin	131
As the Student Contestants Write and Speak	143
Barrett, Dr. Thomas M., Moderate Drinking Comes First	49
Black, Rev. J. H., The Vogue of Social Drink	27
Bring Alcoholism Out Into the Light of Day, Dr. Nathan Adler	45
Buckels, Winnie, Student Impressions of Yale School	12
Cherrington, Dr. Ernest H., The Long Look	182
City Taverns at Close Range, Walter O. Cromwell	—
Cleveland City-Community Institute Extends Yale Idea	83
Colleges Prepare Teachers for New Educational Approach	7
Colvin, Virginia L., Student Impressions of Yale School	47
Cutten, Dr. George B., The Herd Instinct	98
Cult of Alcoholic Culture	28, 49, 89, 121, 154, 178
Dollard, Dr. John, Drinking Customs of the Social Classes	99
Drinking Customs of the Social Classes, Dr. John Dollard	99
Drucker, Judge Lewis, Self-analyzing Causes and Cure of Drink	39
Drunkenness Does Not Create Vice, Seneca	18
Du Bois, Dr. Wilbur L., Alcohol and Vitamin Deficiencies	74
Eccles, Dr. W. McAdam, Alcohol and Vitamins	55
Emerson, Dr. Haven, What Is "Alcohol Abuse?"	130
When Alertness is Patriotic	84
Escape Mechanisms, S. L. Katzoff	51
Fauver, Dr. Edwin, New City-County Approach	26
First Stage, Dean Albion Roy King	76
From the Yale School of Alcohol Studies; quotations	41
Grindell, Ila, Religion and the Alcoholic	186
Hamlin, Prof. Howard E., Appeal of a "New Way of Life"	131
Hearn, C. Aubrey, Youth Leader Defines Problem at Yale	13
Herd Instinct, The, Dr. George B. Cutten	98
Horton, Dr. Donald, Spread of Alcoholic Culture Among Primitive Peoples	107
Hughes, Bishop Edwin Holt, Jack London Knew His John Barleycorn	149
Impulsiveness Another Word, Dean Albion Roy King	21
It Was the Fashionable Wealthy, Preston W. Slosson	120
Ivy, Dr. Andrew C., Teaching of Scientific Information on Beverage Alcohol	15
Why Learn to Drink?	14

	PAGE
Jack London Knew His John Barleycorn, Bishop Edwin H. Hughes.....	149
Jellinek, Dr. E. M., Lag in Public Knowledge	160
The Alcohol Problem	163
Scientific Approach to the Problem of Alcohol	67
John Barleycorn, Social Esquire, John Nuveen, Jr.	113
Katzoff, S. L., Escape Mechanisms	51
King, Dean Albion Roy, Impulsiveness is Another Word	21
Meaning of Alcohol as Psychological Drug	59
Stages of Alcoholic Effect	19
Kolb, Dr. Lawrence, Major Health Problem of Today	81
Social Pressure Helps Create Alcoholics	35
Lag in Public Knowledge, Dr. E. M. Jellinek	160
"Little Yale School" at Indiana Pastors' Conference	139
Liquor After the Peace, Edwin H. Maynard	151
Long Look, The, Dr. Ernest H. Cherrington	182
Major Health Problem of Today, Dr. Lawrence Kolb	81
Maynard, Edwin H., Liquor After the Peace	151
Meaning of Alcohol as Psychological Drug, Dean Albion R. King	59
Moderate Drinking Comes First, Dr. Thomas M. Barrett	49
Modern Approach to the Problem of Alcohol, Harry S. Warner, <i>Edit.</i>	171
Morgan, Dr. Joy Elmer, Twelve Steps Toward Solution	91
More Restrictions Needed, <i>Federal Council Bulletin</i>	86
Myerson, Dr. Abraham, Significance of Social Attitudes	121
New City-County Approach, Dr. Edwin Fauver	26
Nuveen, John Jr., John Barleycorn, Social Esquire	113
Our Cue for Understanding, Dean Albion Roy King	66
Perkins, Dr. Clifton T., The Present Spread of Alcoholism	30
Pierce, Dr. Bedford, Alcohol and Instincts	57
Pollock, Dr. Horatio M., Solving Mental Conflicts	133
Possibilities of Prevention	160
Preparing for Post-War Situation in Eng., Dr. Courtenay C. Weeks.....	61
Present Spread of Alcoholism, Dr. Clifton T. Perkins	30
Purposes of The Intercollegiate Association	63
Quantity Consumption, Drew Pearson	60
Religion and the Alcoholic, Ila Grindell	186
Renewing Educational Leadership, <i>Editorial</i> , Harry S. Warner	77
Roberts, Logan H., Tribute to the Editor	159
Sanden, Rev. O. E., Significance of New Health Approach	85
Self-Analyzing the Causes of Drink, Judge Lewis Drucker	39
Seek, Study, Identify the Centers of Influence, <i>Edit.</i> , Harry S. Warner..	109
Seeking Escape, J. P. Shaloo	60
Seneca, Drunkenness Does Not Create Vice	18
Scientific Approach to the Problem of Alcohol, Dr. E. M. Jellinek	67
Significance of New Health Approach, Rev. O. E. Sanden	85

FORM OF BEQUEST

I give and bequeath to the Intercollegiate Association for Study of the Alcohol Problem, a corporation of the District of Columbia, Washington, D. C., the sum of dollars, to be used in the work of the Association.

Headquarters, 12 N. Third St., Columbus, Ohio.

	PAGE
Significance of Social Attitudes, Dr. Abraham Myerson	121
Six Day New-type Program in Mobile, Ala.	138
Six Year Educational Project in Michigan High Schools	135
Social Imitation at Work; a Yale School Discussion	106
Social Pressure Helps Create Alcoholics, Dr. Lawrence Kolb	37
Solving Mental Conflicts, Dr. Horatio M. Pollock	133
Spread of Alcoholic Culture Among Primitives, Dr. Donald Horton.	107
Spread of Youth Drinking in War Countries	148
Student Impressions of Yale School, Winnie Buckels	12
Student Impressions of Yale School, Virginia L. Colvin	47
Stages of Alcoholic Effect, Dean Albion Roy King	19
Teaching Scientific Information on Beverage Alcohol, Dr. Anderw C. Ivy ..	15
Ten Years Toward a New Approach, Harry S. Warner, <i>Edit.</i>	35
Tribute to the Editor, Logan S. Roberts	159
Twelve Steps Toward Solution, Dr. Joy Elmer Morgan	91
Twenty Year Contest Record at Yakima, Wash.	141
Unique Educational Conference in Michigan	137
Vital Fibres of Social Fabric, Judge Joseph T. Zottoli	147
Vogue of Social Drink, Rev. J. H. Black	27
Warner, Harry S., Colleges Prepare Teachers for New Educational Ap- proach	7
Modern Approach to the Alcohol Problem	171
Renewing Educational Leadership	77
Seek, Study, Identify Centers of Influence	109
Ten Years Toward a New Approach	35
Yale School of Alcohol Studies	3
What is "Alcohol Abuse?" Dr. Haven Emerson	130
What Is the Alcohol Problem? Dr. E. M. Jellinek	163
When Alertness is Patriotic, Dr. Haven Emerson	84
Why Learn to Drink? Dr. Andrew C. Ivy	14
While Society Has Been Interested, Dwight Anderson	59
Working Bibliography of Scientific and Educational Publications	93
Weeks, Courtenay C., Preparing for Post-War Situation in England.	61
Yale School of Alcohol Studies, Harry S. Warner, <i>Edit.</i>	3
Youth Leader Defines Problem at Yale. C. Aubrey Hearn	13
Zottoli, Judge Joseph, Vital Fibres of Social Fabric	147

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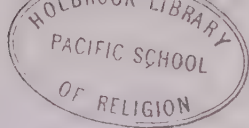
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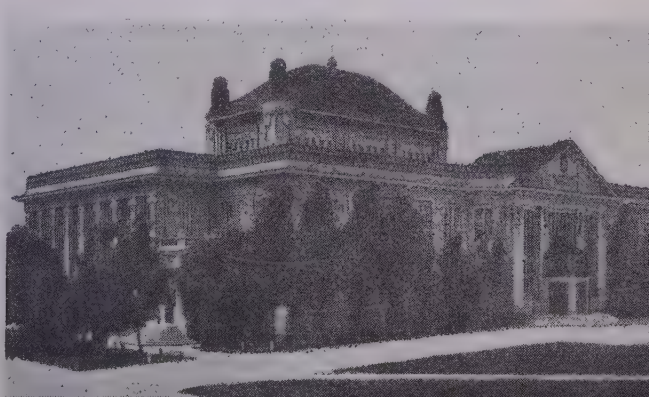
IN THIS NUMBER

THE EDUCATIONAL APPROACH
TO THE ALCOHOL PROBLEM

NEW TRUTH—AND OUR IDEAS

PHILOSOPHY OF THE
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THE INTERNATIONAL STUDENT

OCTOBER, 1944

Vol. XLII, No. 1

HARRY S. WARNER, *Editor*

Make Up Your Mind as to Causes

WHOEVER, LAYING ASIDE prejudice and self-interest, will honestly and carefully *make up his mind as to the causes* and the cure of the social evils that are so apparent, does, in that, the most important thing in his power toward their removal. This primary obligation devolves upon us individually, as citizens and as men. Whatever else we may be able to do, this must come first. . . . Social reform is not to be secured by noise and shouting; by complaints and denunciation; by the formation of parties, or the making of revolutions, but by the awakening of thought and the progress of ideas. Until there be correct thought, there can be no right action; and when there is correct thought, right action will follow.

—HENRY GEORGE.

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The Educational Approach to the Alcohol Problem

By HAVEN EMERSON, M.D.

College of Physicians and Surgeons, Columbia University

TO PUT INTO *current circulation* and personal dietary practices a scientific understanding of the effects of alcohol on human beings, is what I mean by alcohol education. The place and time to begin are in the elementary schools where the facts of life are being taught.

The problem of human nutrition is a problem of what we choose to swallow; that which adds nothing to bodily or mental growth should be excluded from the diet of childhood. The non-nutritious dietary drugs, that are used around the world, are of no benefit to the growth or health of normal persons, although they may be medicinally helpful. They are of three classes:

First, those that do little damage as used by healthy adults and that do not create cravings in normal persons of a pathological degree, such as tea, coffee, tobacco. Accepted widely, they are of no benefit, an indulgence that impoverishes and wastes. I deplore their inclusion in diet.

Second, those about which there is controversy; that are used by some peoples, not by others; that are used both in moderation and excess. These lead commonly to personal and social pathology. Alcohol and marihuana are of this class; marihuana is an insignificant *gaulliter* for alcohol. About alcohol differences in opinion, social, religious, economic, vary greatly; some people hold that it is desirable to have it included in the diet; others, that it is too hazardous and should be excluded from daily use.

Dr. Haven Emerson is Professor Emeritus of Public Health Practice at Columbia University, New York, N. Y., and Editor of *Alcohol and Man* and other recent books on the Problem. This article is condensed from a lecture at the Yale School of Alcohol Studies, Summer of 1943.

Third, this is the group that includes opium and the cocoa leaf. Banned by international agreement, although no more damaging than those in group 2, these are regarded as leading to such social and economic degradation that commerce in them, except for medicinal purposes, is forbidden. I think we all agree that opium and the coco leaf are not safe for indiscriminate commercial distribution and dietary use.

Mis-education in Food Values

Education and experience, precept and example are basic in the ability to form judgments and to make decisions; yet the teaching of the relative values of foods and dietary drugs has been left to commerce and its advertising agents. Experimental observation has shown that young children, like young domestic animals, if given access to various wholesome foods, will select those that contain suitable ingredients for healthy growth, selecting the several elements of a healthful diet with what appears to be good judgment. But when faced with the influences of tradition, social custom, advertising, economic pressure and the absence of free access to a wide range of natural food products, the child of today, like its parents, finds choice of what it can or must swallow as food or beverage, as condiment or drug, narcotic or poison an increasingly difficult problem.

No better evidence is needed of the truth of this statement than the universal—international as well as national and local—outcry of the proponents of good nutrition that the nourishment of many people is seriously inadequate; that foods once wholesome and good are now devitalized, and that the quantity and quality of essential and accessory food substances are insufficient for healthy growth, work and reproduction.

Purposes of Education

It may be accepted then that there is an obligation upon public education to arouse and satisfy curiosity and to give basic information concerning all foods and drinks, that the child may learn to pick and choose in accordance with the necessities and satisfactions of life. Children should be taught the useful facts about water, milk, tea, coffee, alcoholic beverages and soft drinks; about meats, fats, starches, minerals and vitamins.

The object of such school teachings should be to prepare children to form their own opinions, think through the relation of their choice of food and drink to health and their way of life. Its content should include information on the chemical, physiological and functional effects of alcohol on human beings. This can best be done by building upon the knowledge of matter and its properties gained in the preparatory courses in physics, chemistry, home economics and nature study.

Since the chief, if not the only internal effect of alcohol upon the human organism is through its action upon the brain and the spinal cord, any demonstration of its action on other creatures available for school instruction is impractical. But the evidence offered by experimental medicine and social experience is necessary; fortunately it is ready at hand and in entire agreement, in simple authoritative form, free from the bias of emotion and propaganda.

Main Facts for Teaching

Some of the facts which every child should know, not merely to repeat on hearsay evidence, but from its own conviction of the truth of the evidence to which it has been exposed, are as follows:

The effect sought and found in the use of alcoholic beverages of any strength is due to ethyl alcohol.

Ethyl alcohol is a narcotic drug which removes inhibitions by depressing the functions of the brain.

Its use has not been found to improve any of the bodily functions of a healthy person.

It is in no respect useful or necessary as a food for healthy persons.

Its use tends to increase disease and accidents and contributes to shortening the length of life.

It has a particularly harmful effect on persons without mature and stable nervous systems, children and youth, and persons constitutionally inferior, the very kind of youth and of adults who tend to become addicted to alcohol as a way of escape from their social and economic limitations.

In the main it may be said that the least organized creature will stand alcohol in proportion to its weight better than any of the more highly developed ones.

“Anesthetic” or “Narcotic”

It has been proposed to use the term “anesthetic” instead of “narcotic” as applied to alcohol.¹ There is a variance of sound medical opinion as to alcohol as a drug. Distinction must be made between anesthetic and narcotic effects. We are dealing with a narcotic which sometimes in the past has been used as an anesthetic. Alcohol, chloroform and ether have been used as anesthetics for 75 years, and before that alcohol, alone. The effects we are studying bring it within the class of narcotics; so I shall use the word “narcotic” because I believe it indicates a medical definition of action entirely different from the effect, or a different order of effect, from anesthesia. Anesthesia is one of the effects of a narcotic drug; but alcohol is used for its narcotic effect.

Chief Influence is on Brain

Alcohol removes the inhibitions of the brain. All such statements, we must realize, should be qualified as to the time and extent of such inhibitions. The statement, however, is correct. To persons who lack mature and stable nervous systems, the action of alcohol is particularly harmful. In human biology we deal with an organism that is slower in attaining maturity than in any other creature. We humans are so complicated a mixture of checks and balances, so easily disturbed in the stability of our nervous systems, that we are slow in achieving that quality of maturity in the nervous system that we may have achieved much earlier in our other, so-called vegetative systems of the body.

When we speak of immaturity in a person with respect to alcohol, we may not refer to reproduction or locomotion, but to the central nervous system, the most easily upset, the most difficult to acquire, the most vulnerable to injury. The most recently acquired qualities are the most easily injured. The central nervous system is more easily put out of balance and delayed in its development by the use of drugs than are any other of the functions or tissues of the body.

In moderate amounts alcohol may be used by adults, mature in body and with stable nervous systems, who are well nourished and have completed their work or met their responsibilities.

(Continued on Page 15)

New Truth---and Our Changing Ideas

E. M. JELLINEK

Director, Yale School of Alcohol Studies

IT IS OUR NATURE to want "automatic" or axiomatic truth—which we can declare to be true under all conditions and in all relations of life. Science can seldom give such truth. Very, very few things can be said to be true always and everywhere. If a scientist is to be accurate he must state very carefully the qualifications and limitations upon his statement of truth. The layman is apt to become impatient with this slow and cautious procedure, and to demand easily comprehended "automatic" truth—which may be so incomplete or so oversimplified as to be misleading.

Truth that is known to us is simply our perception of the eternal facts of the universe, to the extent of our ability to comprehend at that particular time. Consequently, our conception of truth changes every time we learn a new fact, or make a new application of a known fact. The fact itself did not change, but our conception of it did; therefore, if we are to learn, we will have to reconcile ourselves to changing our ideas as long as we live. We will avoid much grief for ourselves if we approach all situations with the open-minded attitude of one who is willing to recognize new truth, or new implications of old truth, no matter how much this may be at variance with cherished theories we have held.

Throughout my life I have been an abstainer, but never before have I felt the seriousness of the Alcohol Problem as I feel it today, not only for the individual but for the future of humanity. The *Intercollegiate Association* for the Study of the Alcohol Problem seems to me one of the finest movements; I congratulate you upon the work in which you are engaged.—DR. MARY E. WOOLLEY, Westport, N. Y., Aug. 5, 1944.

The Cult of Alcoholic Culture

Toxic Release "As Is"

A Cocktail Lounge ---

--- is a place where you go for social relaxation, light-hearted chatter with friends, or to escape—just escape—from the worries of the day. Isn't it so? . . . a place where you can sink into soft-lighted comfort and let the old dizzy-mad world roll by. —From a letter advertising a Boston cocktail lounge.

o o

Cambridge, Mass.

Police began a drive today against "drinking mothers." Police Chief ——— said in a general order that in several cases of juvenile delinquency recently "the cause was due to absence of parents from home, leaving their children alone on the streets, while the parents, particularly mothers, visit drinking establishments . . . coming home in the evening more or less under the influence of liquor" . . . The head of the Juvenile Delinquency bureau said the increase in delinquency in the city was not caused by parents abandoning their children for war work, but by mothers going to barrooms and leaving the children alone.—Dispatch, New Haven, Conn., *Register*, July 11, 1943.

o o

Municipal Court Cases

Of approximately 600 cases that came before the Municipal Court probation department in May, 85 per cent involved intoxication. Portentous is the added fact that of these alcoholic cases, 18 per cent were veterans of the present World War. Certainly, as more and more of the men who have fought for us succumb to drink in an attempt to quiet their frayed nerves, we must be prepared to do more than send them out for regular stints in the workhouse. Happily our courts already understand that punishment is no cure for what is essentially a disease, and under Judge Drucker's leadership the courts and

the welfare agencies have already begun to work toward a new system of dealing with alcoholic cases.—Editorial, *Plain Dealer*, Cleveland, O., June 25, '44.

o o

Why Election Days?

Election days in Maine this year will be thirsty days unless consumers plan ahead. Sales of hard liquor and malt beverages will be prohibited primary day, state election day, and the day of the presidential election.—*Monopoly State Review*, June, '44, 38.

o o

Not Accepting Liquor Ads

Ten years of repeal? Well, as a decade, it is "nothing to write home about." This newspaper is not surprised. Never expecting the liquor traffic to be decent, the *Daily News* has never accepted from the date of repeal to this good day one penny of advertising patronage from brewers and distillers. That is the one gratification we derive from contemplating the wet decade. —*Chicago Daily News*, December 3, 1943.

o o

Liquor to the Rescue

Most of the counties and many cities of Virginia have moved to use the additional liquor and wine tax given them by the last General Assembly for the purpose of increasing teachers' salaries. . . . The localities' share of liquor profits was boosted after the Assembly declined to increase teachers' pay to the amount recommended by the State Board of Education and the Virginia Education Association.—*Monopoly State Review*, June, '44, 40.

o o

Auto Driver to Artist

It is not clear reasoning to infer that slumps in mental ability that transform an auto driver into a public menace on the highway will bring constructive aid to a thinker, a writer, or an artist in the fine, creative work he seeks to do. And the scientific explanation is no longer in doubt:

The state of intoxication, increasingly, is a state of mental, emotional and physical inferiority, brilliantly erratic though many of its devotees may be in its earlier states.—HARRY S. WARNER, *Does Alcohol Aid Creative Ability?*

City Taverns at Close Range

By **WALTER O. CROMWELL**
Chicago Juvenile Protective Association

SIXTY PER CENT of all the complaints we received this year about community conditions concerned illegal conditions in places selling liquor. More than 70 per cent of all complaints about such places involved minors.

Our investigations reveal that more teen-age girls are getting into trouble in taverns than ever before. We find 15, 16 and 17 year old girls working as dice game operators; others work as bar maids and many more are patrons. The tavern is playing an ever increasing part in the case of run-away girls and their sex misconduct.

Illegal practice in the operation of retail liquor establishments is one demoralizing community force which no Chicago neighborhood has escaped. In its ten years continuous investigations of taverns in Chicago the Juvenile Protective Association has observed the steady inroads the tavern has made in the political, social, economic, and moral life of the community, particularly its destructive influence on children, young people, home and neighborhood. The tavern is a legal business, but few taverns are operated legally in Chicago.

Practically every Chicago neighborhood has some taverns which cater to minors. Ninety per cent of the city's retail liquor places ignore the law which says such places must be well lighted and that windows shall be clear so as not to obstruct the view. Liquor sales to intoxicated patrons are common and practically every tavern in the city operates a gambling game. Taverns are the greatest source of contacts which result in

From the Annual Report of the Juvenile Protective Association of Chicago, on Community Conditions, for 1943. Mr. Cromwell is Director of the Department of Community Conditions of the Association.

venereal disease infections. Taverns in some areas completely ignore health and sanitation laws. . . .

In neighborhoods throughout the city laws regarding vice, gambling, drunkenness, minors, health and sanitation and other laws concerning public welfare are being ignored by many retail liquor dealers. *The one and only reason why such conditions prevail* was clearly expressed recently by Judge E. Q. Johnson, who said: "There is no open violation of law unless someone gets money or political advantage for protection."

The Custom---in War-time

He came obedient to the Call,
He might have shirked like half his mates
Who, while comrades fight and fall,
Still go to swell the football gates.

And you, a patriot in your prime,
You waved a flag above his head,
And hoped he'd have a high old time,
And slapped him on the back and said:

"You'll show em what we British are!
Give us your hand, old pal, to shake";
And took him round from bar to bar,
And made him drunk—for England's sake.

That's how you helped him. Yesterday,
Clear-eyed and earnest, keen and hard,
He held himself the soldier's way—
And now they've got him under guard.

That doesn't hurt you; you're all right;
Your easy conscience takes no blame;
But he, poor boy, with morning's light,
He eats his heart out, sick with shame.

What's that to you? You understand
Nothing at all of his bitter pain;
You have no regiment to brand;
You have no uniform to stain;

No vow of service to abuse,
No pledge to King and country due;
But he has something dear to lose,
And he has lost it—*thanks to you.*

—OWEN SEAMEN, "To a False Patriot," in *Punch*, London.

The Merchandizing Push of Intoxicants

By EDWARD A. ROSS

Sociology, University of Wisconsin

ONE THING that *nowadays* makes drink a social problem is the commercialization of the supplying of intoxicants.

When people grow vines, press their grapes, and make wine for themselves, they know well its dangers and veer away from over-indulgence. At an occasional festival or merrymaking they may throw off customary restraints; for the rest of the time most drink cautiously and stay sober. With us only the "hill billy" makes his "likker"; the rest comes from wineries, breweries, and distilleries. About \$85 a year per American family is spent on intoxicants, all of which have passed through several hands, and yielded a string of juicy profits. So today, wherever the eye turns (indoors), it meets "boosts" of somebody's alcoholic concoction. Constantly the "liquor interests" tease and conjoin us; babble of the mysterious "flavor," or "smoothness," or "bouquet," or "vitamins," to be found in "our" brand. Since annually they take in about \$3¼ billions, they can afford to spend in a single year \$22 millions with newspapers alone. No wonder few newspapers denounce the demands of the liquor traffic to be relieved of every restraint; to be allowed to push intoxicants as if they were soda-water or sweet milk; to be free to sell them to *anyone*, to the green stripling as well as to the reeling drunk.

Truck-loads of money are spent to tempt us to down even more intoxicants than our throats crave or our judgment approves. Already a twelfth of all retail purchases by Americans

Condensed from "Why Intoxicants Are Pushed as Never Before," in the *Temperance Educational Journal*, Madison, Wis., March, 1944. Dr. Ross is Professor Emeritus of Sociology, University of Wisconsin, and author of many books on vital sociological problems in daily human living.

are for beverages with a "spike" in them! Those who, alive to the dangers that lurk in such quaffing, would warn young people to "Look out!" have only coppers to spend; while the "trade" can shovel out dollars! The banded liquor interests give no sign of caring a "hoot" how many lives are wrecked, careers ruined, or homes broken as an outcome of their propaganda to sell peak volume in the least time at the greatest profit.

Beyond a certain point it is throwing away money to advertise furniture, kitchen appliances, or gardening tools, because in us lurks no latent hankering for them; we buy what we need, then stop! But in marketing intoxicants it pays to persevere in beguiling, for in many a wight sleeps an appetite you may be able to tease awake; then he'll be your steady customer till he draws his last breath! Every batch of new recruits for the army of drinkers *includes some whose nervous organization is such that in time an overmastering craving for alcohol will be set up.* So you win no file of new customers without begetting future sots and drunkards!

Observed the Federal Alcohol Administrator in 1937:

"The liquor industry since repeal has been 'streamlined.' Science, the most up-to-date business practices, and the ingenuity of man have been convoked to bring the industry into line with other modern businesses. One of the most significant features of this new program is the merchandising push so characteristic of the revitalized industry. New markets, ever new markets, is the goal. New drinkers for this or that brand. And an advertising campaign that calls for a budget of many millions."

The volume of alcoholic beverage we are expected "to get outside of" staggers the imagination. In the fiscal year 1943 there were produced in our country 135 1/3 million gallons of "strong" (distilled) liquors, 102 million gallons of alcoholic wine and 2 1/8 *billion* gallons of beer and ale. Five-sixths of a barrel for every American above 15! If, as Haggard and Jellinek, eminent students of alcoholism, estimate, there are among us 30,500,000 men and 15,000,000 women who drink, then their average yearly per capita consumption is 52 gallons of intoxicants, containing about 3.8 gallons of absolute alcohol! Poured together these seventy-five million barrels of alcoholic bever-

ages would make a lake a mile across and fourteen feet deep—which could float a large part of the U. S. Navy! What a strain annually drinking that lake dry must put on American stomachs and nerves!

During the fourteen years of national prohibition, a trade journal points out, "a taste and habit was built up for soft drinks—sweet drinks." You would suppose that the liquor people would be advised to resign themselves to this development. But no. "They must re-educate the young men and women of America who have grown up in the prohibition era." And they have more money to "re-educate" the young man than most parents have to educate them as to the perils of drinking!

For ages drinking men have objected to the mothers of their children having to do with liquor. This is one reason why men "down" about six times as much intoxicants as women, why "the death toll from alcoholism among males is at least eight times as great as that among females." But of late the revived "trade" has become so "cocky" and aggressive that no longer will it countenance this "silly prejudice" of its male patrons. "Women have discovered that they, too, can enjoy an excellent cocktail, a smooth high-ball" proclaims a whisky advertisement. "Teach American women how to drink" urges a trade organ. "Invite them to your bars and tap rooms." "Show the housewife how to serve beer." "Arrange window displays definitely aimed to lure women into your shop."

"Booze for the fellow who's got the habit, but you lay off our kids!" drinking fathers used to growl. The "trade" now jeers at them and defiantly passes along the word: "Make youth liquor conscious. . . . Concentrate all your advertising on the young men and women." "Show young people how to enjoy the delightful wines of America." "Make it seem smart to drink." "'Vitamin beer' is the real health beverage for grown-ups and youngsters alike—the real family drink."

Formerly the "trade" forbore to invade too openly the home, age-old sanctuary of women and children; but now their "ad" man burns with financial lust at the sight of this untilled field:

"Why not enlist the brewers of the nation in a campaign to place beer in its rightful place, alongside of the bread and other foodstuffs, in the pantry of the homes? After all, it is the

housewife who holds the family purse-strings . . . place beer on the family marketing list so that the good housewife with market basket on arm, will consider her family shopping incomplete unless there is an ample supply of beer for all the family. . . . Once we convince the housewife that beer is both a temperance beverage and a foodstuff we have placed beer, its brewers and distributors, in a solid, firm position to combat its unfair attackers and constantly growing unfair regulations."

Along this coaxing line there would seem to be but one more step the liquor people can take. In view of the progress already made, they ought, ere long, to have so far overcome their characteristic modesty as to advertise: "Why do you throw away your money trying to nourish yourself on bread, meat, and vegetables? Cut them out and live on whiskey, wine and beer, the ideal sustainers of health and vigor!"

THE EDUCATIONAL APPROACH

(Continued from Page 6)

ties for the time being, if the beverage is of low percentage of alcohol, or is diluted to ten per cent or below and is taken with or after a meal, preferably one containing fatty substances. When taken thus under the conditions mentioned, it may be used for many years without apparent enduring harmful effects upon the individual or his offspring.

There are many adjectives and qualifications in that statement about moderate drinking. The one most easily misunderstood is that the person shall have completed his work or met his responsibilities for the time being. All persons having authority or responsibility should eschew the use of alcohol until they have completed their responsibility. I would apply that at all times to doctors and nurses; there is never a time at which they may not have to meet an emergency. A policeman off duty may have a call to which he must respond instantly. But there are kinds of work so routine, so simple, so free from responsibility that the workers may be considered as having finished their work for the time being. That is the kind of person that I speak of as being within the range of safe moderate use of alcohol.

Effects on Conduct

The effects of alcohol upon the drinker are best studied in the changes which occur in his conduct; almost without exception, these changes reveal inferiority of performance, whether tested at the physical or the psychological level. The effect commonly sought is a sense of subjective well-being, "euphoria," a deceptive, transient state which is apt to be followed by one of deeper inadequacy, discouragement, or worry than that from which the drinker sought to escape.

The most vicious use of alcohol is to take it on an empty stomach; that practice is responsible for many of the most unfortunate episodes. The use of alcohol by persons having a sense of inferiority, or a pain, or physical distress, or by those with weak characters or unstable nervous systems, tends to develop a craving, and the satisfaction of that craving with bigger doses, or by alcohol of higher percentages, or by more frequent use until the drinker becomes so habituated that he is no longer his own master.

As commonly used alcohol causes a variety of diseased states and aggravations of other diseases; it is responsible for a large proportion of the admissions to hospitals for mental diseases. Its social cost in crime, accidents, care of the alcoholic and the services of the policeman are vital facts to be included. Much may be taught in the schools of the effects of even very small amounts on the driver of an automobile or aeroplane or locomotive and of the measures used to detect alcohol in the blood, an amount often too small to be noticed by the average laymen.

Teaching Alcohol Information

Methods employed in teaching the facts about alcohol have varied from the best to the most ridiculous. Of one thing I am reasonably sure, the use of alcohol, tobacco, marihuana and the opium and coca derivatives cannot be dealt with as a body of sin or set apart for calculated attack within the school curriculum. One must face the truth; for children see people who are using alcohol and who, so far as they can observe, are blameless. We must acknowledge that there are conditions under which its use cannot be demonstrated to have enduring harmful effects.

I think it fair to state, also, that so far no ingenuity has de-

(Continued on Page 28)

Philosophy of the Temperance Movement

By HARRY S. WARNER

A Lecture at the Yale School of Alcohol Studies

"WE SHALL ALL become a *community of drunkards* in this town unless something is done to arrest the progress of intemperance," was the realistic idea of three typical pioneers, 136 years ago, in a New York village, when they called their neighbors together to form the society that became the first permanent group in organized temperance activity in America. These three, Dr. "Billy" J. Clark, Rev. Lebbeus Armstrong and John H. Smith—physician, minister, farmer—completed their society of twenty-three in a tavern with a bar and the coöperation of the bar-keeper, at Moreau Springs, N. Y., April 15, 1808.

Realistic from the Beginning

But thirty-four years earlier, Anthony Benezet, Quaker teacher and organizer of public schools, published a pamphlet in which he said that any drink "which is liable to steal away a man's senses and render him foolish, irascible, uncontrollable and dangerous," is unsafe as a common drink—a conviction that has been basic in the movement ever since. A pupil of his, Dr. Benjamin Rush, physician and signer of the Declaration of Independence, put the new philosophy into scientific terms in his "Inquiry into the Effects of Ardent Spirits on the Human Mind and Body," a classic of the movement for a hundred years. And a group of farmers at Litchfield, Conn., founded the first known temperance society for the very practical purpose of changing the community custom which required them to provide whisky for their men in the harvest fields, thereby

This lecture was a part of a Panel Discussion participated in by Dr. E. M. Jellinek, Director, Yale School of Alcohol Studies, Rev. Francis W. McPeck, Social Welfare Department, Washington, D. C., Council of Churches, and Mr. Warner, July 26, 1944. The complete discussion will be found in the records of the 1944 Summer School to be published by the School.

causing such drunkenness that the harvesting of the crops was seriously delayed.

Thus, right out of rough daily experience, without theoretical idealism, but with much practical realism and scientific and religious background, there grew up among the sturdy middle-classes of the early years of the Republic, a strong reaction against alcoholic intemperance and a determination to do something about it. From these beginnings, a philosophy took shape that, for a century and a half, has questioned seriously alcoholic culture and alcohol as a beverage.

From such realistic beginnings, a great succession of organized temperance movements swept the country; reduced the consumption of "hard likker"; helped popularize beer as a temperance drink, then banned it as itself alcoholic; rescued drunkards by the hundred thousand; started a clear differentiation of the whole people into distinct groups, the drinkers and the non-drinkers; and spread so generally as to include, for example, by 1837, one-third of the people of New York City, then as now the metropolis, in organized temperance activities.

The early advocates may not have understood the whole problem of alcohol, but they were determined to do something to solve what they did know of it. Significant is the fact that in the first groups, as outstanding leaders, were physicians, ministers, educators, statesmen. But the active service and the movement of organization that followed, were sponsored and led, in largest part, by men and women of the churches: at first, the Quakers, Methodists, and Brethren, then gradually nearly all churches. The social philosophy of the new movement was pungently expressed by a conservative statesman, President John Adams, when he said that as a young man he had been "fired with a zeal amounting to enthusiasm against ardent spirits, the multiplication of taverns, retailers, dramshops and tippling houses," because of the "idlers, thieves, sots and consumptive patients made in these infamous seminaries."

Main Trends Established

At its beginning, the temperance movement represented three basic conceptions, that have been prominent ever since: (1) Recognition of the serious community out-

croppings of alcohol and its beverage consumption; (2) The strengthening of individuals in social groups, and by knowledge and religion, to withstand the attractions of alcohol and its excesses; (3) An organized effort to reduce and to remove sources of intemperance, to "do something," as contrasted with the attitude of those who did not concern themselves with consequences.

In the main, these conceptions express the background philosophy that has characterized the movement of a century and a half to "arrest the progress of intemperance," as a personal and community problem. Many variations in understanding, approach and methods of procedure have been prominent from time to time; sometimes the temperance groups have quarreled with each other almost as much as with their opponents; but the movement has gone steadily forward, through the many varying philosophies and arguments that have supported the following definite steps, as one great experiment followed another to solve the problem:

The moderate or temperate use of alcoholic beverages; abstinence from the use of ardent spirits; encouragement of the use of malt instead of distilled liquors; abstinence from all alcoholic beverages; pledging children and youth to abstinence; total abstinence as the only safe course for reclaimed drunkards; total abstinence for all, as a comprehensive and social-welfare as well as personal plan; the changing of social customs to insure safety to those unusually susceptible to the influence of alcohol; formation of temperance societies in every community possible, then into great successive waves of national action; pledge-signing in evangelistic style, to win drinkers; pledge-signing as an educational technique for children and youth; vast organization of reclaimed drunkards seeking others, as man to man who knows; increasing restrictions and limitations on liquor selling; heavy licensing of dealers to keep retail sale in reliable hands; movements to make the saloon a club, a "poor man's club" with liquor assigned to a secondary place; local option as to sale by every possible local unit of government, township, town, ward, municipality, county; territorial, state and national prohibition; government ownership, control and monopoly sale, to eliminate private profits—all of these, accompanied continuously by educational and propaganda

activity, especially by the churches, to change, create and strengthen public opinion against liquor as the means to intemperance.

All through this century and a half of trial and error experimentation, the basic purposes—to win men from drink, to stop the initiating of drunkards, to protect the home from drunkenness, to train children to accept the natural, non-alcoholic way of life and to promote community safety—have stood out as dominant motivations. It has been a movement largely among the great middle-classes of America; it reflects a philosophy of serious concern, community conservation and urgent efforts to remove alcoholic beverage, the essential source of intemperance.

But very early it was noted: that many who gave up liquor, quickly slipped back; that the customs of certain groups, uninfluenced by this middle-class movement, continued to initiate youth into drinking habits and to increase liquor use among adults who did not, or could not, remain moderate in such use; that those who continued to favor drink gave no attention to the effect of their practice in the community on those who could not avoid excess; that the economic interest of the "liquor traffic" could be counted on to oppose any and all efforts that, directly or indirectly, might lead to reduction in the source of their profits. Antagonism between "the temperance movement" and "the liquor traffic" became conscious, outstanding. It was expressed in a thousand varieties of conflicting ideas and acts, moral, social, civil, and political, in nearly every community and state, extending even to murder, in frequent instances. The saloon became a neighborhood center of degrading association and a community blight, because of the stream of drunken, befuddled men that came from it.

Coördinate with this wider movement, the attitude of the Protestant churches grew increasingly positive. The saloon and the church represented opposite poles as to the rôle of alcohol in a community. To reduce drunkenness, create opinion against drinking parties, discredit liquor and the saloon, and to condition children against intemperance, were regarded by most church people as battles in a war against sin. The Bible was understood to be against drink, since indulgence easily

slipped into drunkenness. To start a course of life that included liquor, was to start sinning. The custom of getting mildly intoxicated at parties, banquets, or the corner saloon, was a custom that gave approval to sin, since it opened a way to loss of self-control, and to loose and unconventional talk and conduct that might easily become immoral and socially corrupting. Therefore, the reaction of many religious leaders and the tenor of official church pronouncements against liquors of all kinds became increasingly strong and persistent.

Impressions of how alcohol affects the personality and group conduct, of how it disrupts mental and spiritual capacities, and the succeeding influence on group attitudes, gained by rough, realistic observation, were deeply ingrained arguments and philosophies in the temperance movement long before modern psychologists began to offer explanations of how these results happened, or to verify, as far as they may have done, the knowledge gained by the experience of those who had undertaken to restrain "the evils of intemperance."

Summarizing Past and Present

The philosophy of the temperance movement, as it has grown out of a century and a half of experience and been modified by religious, scientific, economic and other information, may be summarized in broad outline:

1—A positive reaction against alcoholic drunkenness and its results, and an urgent desire to reduce, to remove, and to prevent it.

The basic philosophy of the temperance movement, in the main, has been and is one of action, as against that of no action, the attitude of the many who do not concern themselves with the unfortunate fact and consequences of the alcohol problem, or who prefer the status quo, or are involved in the financial profits of the liquor industry.

2—The natural, healthy "way of life" is non-alcoholic: the gaining of happiness and of release from unhappiness by natural means, play, recreation, music, work, a variety of activities and the emotional and social thrills that accompany such expressions of growth in personality and in living together as social beings.

Such a life, from childhood, under ordinary conditions, makes possible the best that is in each individual, through healthy growth, education, religion, and experience in the overcoming of the handicaps and ills of life. It means growth of inner strength and enlarging personality without resort to, or dependence upon, any artificial means such as a drug aid. It assumes that alcoholic pleasure may be "a crutch for lame ducks," but not that the normal duck is lame.

The way of evolutionary growth is toward the non-use, in healthful living, of such drugs as alcohol; toward their discarding, in favor of the natural satisfactions of the desires they serve. The non-alcoholic life should stand out as the one that furnishes the "Norm" for a growing civilization. Whether that norm has fully emerged in present-day society, or only in certain sections of society, it is, nevertheless, the natural ideal—more natural, certainly, than that of mass resort to alcohol or any other drug.

When the attitudes and emotions of younger life are guided educationally toward the overcoming of frustrations—and all ills of life—rather than led to the easy acceptance of drinking customs as a palliation—this social crutch of past generations will be discarded by a generation that prefers to stand free on its own feet.

3—The "way of life" in which beverage alcohol plays a part is not one of healthy satisfaction of human needs. It offers pleasure—often keen, thrilling, exciting, but pleasure that is short-lived and often followed by a "hang-over," in personal experience and society; a tendency toward slump in personality, mental efficiency and social conduct. The pleasure it offers, too often, is that of illusion; the relief it gives is unreal, since alcohol can do nothing to remove any actual cause of unhappiness.

The custom of utilizing alcohol for the feelings that it yields, has come down from primitive societies and the savage days of the race. It has been accepted, automatically, from generation to generation, by those groups who do accept it. Its social use is one of unthinking tradition. The customs that give it standing should now be examined in the light of modern conditions and its wider social consequences, since the pleasures of mild intoxication tend to slip, imperceptibly and essentially, into ex-

cess. Since alcohol, in more than minor quantities, disturbs the mental processes of a vast proportion of human individuals, leading to serious break-down in some who would otherwise remain useful citizens, the toll of care and cure that it puts on the community is both heavy and needless.

The understanding that alcoholic pleasure is not worth while; that it fails to give the desired release from inferiority and unhappiness; that it gives little other than drug service, the prescribing of which is a matter for specialists; that it cannot be self-prescribed by all sorts of humanity, each for himself, without grave consequences to many; that it is not a reasonable and safe popular beverage, even when handled without immediate excess; that the border-line between excess and moderation is not known; that it cannot be acted upon at the necessary moment even if known; that the popular acceptance of alcohol as a beverage is fraught with degrading tendencies, are, and long have been, basic in the philosophy of the temperance movement.

In taking this basis for his philosophy, the temperance advocate feels that his position has been largely confirmed by scientific research, as, in the early days, it was substantiated by critical observation. As a popular beverage alcohol has a too-costly influence in modern life, whatever function it may have served in less complex ages, and that notwithstanding the approval given it by any social groups.

4—The sociability use of alcohol, to enhance fellowship, add to gaiety, and serve a ceremonial function, has been discarded by a large and intelligent part of society, including many who accept it under conventional pressure. Among all races, in all classes and major groups, there are many who drastically limit or refrain completely from its use. The number and spread of the non-drinking group is so wide and representative as to raise seriously the question whether alcohol would not now be "on the way out," as a cultural element, except for its traditional prestige, its easy accessibility to the unthinking and imitating, and the continued pressure of modern advertising.

The tradition that alcoholic feelings are something to be desired and the trade promotion of that desire, are responsible,

primarily, for the strong survival of alcohol in present-day life in the face of the wide questioning of its value and the educational, religious and industrial reactions of a century against alcoholic excess. The initiating of alcoholic desire in youth, the creating of habits of dependence upon it, are almost wholly of social group origin; it is at the drinking party, the dinner, the tavern or road-house, in association with others, that the first experience of alcoholic "short-cuts" is gained, the desire created, for what it offers alike to abnormal inner urges, to outer misfortunes, and to the mere inconvenience of daily living. Consequently, many intelligent people treat alcohol as they treat other anesthetics and narcotics that yield similar feelings.

5—That a public industry should flourish by supplying, for unlimited popular consumption, a brain-confusing, intoxicating article of any kind, with such consequences to personality and in daily living as alcohol is freely conceded to yield, does not make sense to the temperance philosopher. To him it is a traffic in the exploitation of human fears, inferiorities, weaknesses, for profit purposes.

As a minimum, the normal desire for freedom to lead a healthy life would require that the production and distribution of this outstanding source of anesthetic or narcotic release, should be classed with the other drugs to which responsible society and government give particular attention. Scientifically and by experience, it is one of them. The total consequences to personality and in daily living that come from alcohol are vastly greater, quantitatively, in any modern state, than are the corresponding consequences of the more quickly acting, and socially disapproved, drugs.

As a source of gain, the alcoholic desire is deeply established in social recognition. Whatever its origin, the habit often becomes intensely strong, especially in those most susceptible to injury from it. Its economic significance, consequently, when fully established, is very great. The desire for alcohol is a source of increasing profits, on account of its abnormal attractiveness and the tendency of its action toward more frequent use and in increasing amounts. Its "pull" on the purchasing power of the heavy user gives it an unfair advantage over the

demand for necessities, good food, clothing, home furnishings. Where income is low, the deprivation of the children in a drinking home is tragic.

The greater the consumption of alcoholic beverages, the larger the gain to seller and producer. Naturally, as Professor Carver, Harvard economist, has indicated, the tendency of the trade is to make every non-drinker into a drinker; every moderate drinker into a regular drinker; every regular drinker into a heavy drinker. This basic trend finds full expression and confirmation in the vast volume of appealing, high pressure advertising that is constantly put out by the liquor trade.

Largely because of this tendency, the high point of conflict over alcohol in the past sixty years has been "the traffic" rather than "the alcoholic." The latter, in temperance philosophy, is an end-product of a wide-spreading, sifting process, which selects those who are most susceptible to injury by alcohol and keeps them on the road of increasing indulgence until their meager capacities of resistance are overcome. The liquor business is one that encourages youth and mature men alike, to seek release from life's ills in a state of illusion, in which an innumerable variety of casualties may take place, from mere conventional indiscretion, through petty vice, to traffic smash-ups, homicides, and the mental disorders that end in state hospitals and prisons.

6—That alcoholic pleasure in restrained, moderate degrees, is widely sought and socially approved, is obvious, in the view of temperance philosophy, but this social practice is regarded as unworkable. Moderation too often is a step toward excess, not away from excess: and essentially so, because of the character of the satisfaction that alcohol offers. Any drink which "is liable to steal away a man's senses," as Anthony Benezet said 175 years ago, is unsafe as a common beverage.

This brings the whole beverage use of alcohol into serious question. Too many people too easily slip into excess. The line between moderation and excess is unknown, cannot be clearly marked. There are too many complicating, inter-acting factors, personal and social. The ability of the average man or woman to practice strict moderation recedes in proportion as alcohol affects his brain centers. His ability to estimate what

is happening, to judge how much he can take, his very desire to remain moderate, are disorganized as alcohol "puts to sleep" his centers of discrimination. His ability to stop, no less than his judgment in driving a car, is confused when most needed. Previous decisions not to cross the danger line, are futile in the face of intoxicated desire to go further. He not only cannot recognize the point of excess, he no longer wishes to do so.

While large numbers continue moderate in their use through life, the number who do not, or can not, is too much of a public burden and tragedy; the pleasure afforded those who do is not sufficient to offset the excesses of those who do not and never will maintain moderation. The alcoholic route of illusion and escapism, since life is filled with many forms of unhappiness to which alcoholic anesthesia gives temporary release, is one of tragic cost to vast numbers.

7—To understand and remove the sources of alcoholic ill-health, mental and physical, has been and should be even more, a part of the public health philosophy of temperance activity.

The sources that lie deep in individual personality, heredity, parental neglect, will require, in addition, the aid of the expert, the physician, the psychiatrist, the physiologist, the minister, the ex-drinker. Those that are of community origin, blighted neighborhoods, impoverished homes, and lack of play in childhood, call for neighborhood programs of improvement and the expert leadership of social workers. But those sources that are of cultural origin, social tradition, group practices and profit motives, require changes in public attitude, wide public education, the building of intelligent public opinion and legal restraint or removal by democratic processes, when educational and health measures are found to be insufficient. For the right and power of a community to protect itself from ethyl alcohol, the essential source of alcoholic disorders and their consequences, have been fully established in constitutional law in the century of temperance experimentation.

8—The attitudes of the community are vital, both as to cause and as to cure. The majority of all who become intemperate, whatever their background, even the compulsive drinker, who is such because of inner emotional conditions, learned to count on alcohol in some social group,

because of social approval, in their younger days. Social invitation and suggestion, the desire to conform to expectations, to be one of the group, especially not to be a "wet blanket" are the starting points of moderate and heavy drinking alike.

Thus youth of all degrees of alcoholic susceptibility, of many shades of mental and emotional make-up, heredity, personality, "problem children," and those without a problem, are exposed continuously to the attractions of alcohol, feel it smart to use it, find release in it, and may come to count on having it again and again until, without knowledge of what is happening, a sense of dependence upon it has been established. Those with a well-grounded childhood may, and usually are able to resist pressure toward excess; but for many others, in all strata of society, this habit-custom of looking to alcohol for what it gives is usually *not* broken until a stage has been reached at which the aid of a specialist is required.

As a sifting process of those who are inclined to alcoholic excess, local group pressures are a fundamental occasion and source of the alcohol problem. In every group, of course, there are some who are not appreciably affected; they may continue drinking for years. But there are many who are—that is the serious fact.

9—A voluntary choice of attitudes that tend toward the reduction of alcoholic disorders, rather than the continuation of a traditional form of pleasure, is a part that the responsible citizen, who sees no injury to himself from alcoholic beverages, may well consider as his in any comprehensive program for solution of the problem.

In practicing such attitudes, the responsible citizen will be acting in and expressing his own social self—the self of his mature personality that sees realistically the out-working of influential conduct into the lives and character of a people.

Those who feel that beverage alcohol is desirable or necessary in social intercourse; and that vastly larger number who count on a drink at the end of a day of heavy toil, dust and strain; and all others who usually continue moderate in their use, will only be making a higher choice of satisfaction for themselves, when they discontinue practices that in every walk of life have left a blight on the lives of millions. In their rela-

tive immunity to excess, they will not forget "the other fellow," who cannot, or never does, and never will, remain moderate. The man of strength is no less strong for choosing not to add to the unhealthy pressures that burden the less strong, the less knowing. Here lies *the heart* of the philosophy of the non-alcohol movement—the readiness of many men and women to set aside the overly-attractive custom that they may not themselves "abuse," that society as a whole—and the less knowing—may have a new freedom.

THE EDUCATIONAL APPROACH

(Continued from Page 16)

veloped any competitive control test which shows that a person who uses alcohol is superior in any bodily or mental function.

By the gradual building up of informed and prepared minds in children of the early grades, the intricate and involved effects of alcohol on human conduct and social behavior can be taught in the later years of schooling, without any reaction in the minds of youth when they meet, later, the challenge of the drinking environment. Convictions must be sufficiently strong for saying, "No, thank you" when alcoholic drinks are offered. The strongest answer to propaganda is the cultivation of well informed minds and habits of independent opinion.

This is the function of teachers. No one else is in so favorable a position to give the truthful story about alcohol. The job belongs to the men and women of the classroom; when they have done what the laws of many states specify, the most ingenious and specious of commercial advertising will make but little impression on youth.

It is an abuse of childhood and youth that it should be permitted to engage in organized play and physical development and to leave school with a habit of alcohol use, for lack of an understanding that physical fitness is a farce without self-control, judgment, discretion—three qualities of mind that first of all are dulled and made incompetent by alcohol. How can we reconcile our increasing program of sex education, personal hygiene and avoidance of preventable disease, with our implied or actual indifference to alcohol which is responsible for more

syphilis and gonorrhea in the youth of both sexes, whose sober intentions are to avoid extra-marital sex exposure, than any other cause? For alcohol and prostitution are inseparable commercial partners the world over.

At a time when precision, speed, alertness, endurance, competence of body and mind, are at a premium in the preservation of our form of government and a stable society, it must be evident that tolerance of alcohol, which invariably dulls the mind and slows the body, weakens the conscience and makes men vulnerable to disease, is at least unpatriotic.

It is for us who are trustees or interpreters of the facts assembled by our predecessors and the sciences of today to make sure that no honest truth concerning such hazards and handicaps to life as alcohol is withheld in the teaching of the children whom it is our privilege to travel with for most of the formative years of their lives. The question we can help them answer is, whether life is better worth living with a body and mind free for their most capable expression, or in a state of intermittent narcosis in which depression of the mind makes inferior the quality of human understanding and behavior.

Supplemental Note

I. In the discussion following the lecture by Dr. Emerson, the use of the terms "narcotic" and "anesthetic," as applied to alcohol was treated as follows:

DR. JELLINEK: In view of the fact that we have no difference of opinion relating to the functions of alcohol, the question whether it is to be called an anesthetic or a narcotic takes on a minor aspect. If through our designation of alcohol as an anesthetic we should have come to a different description of the effects than Professor Emerson has arrived at, then that designation would have been of great significance. But we were talking of the same effects, the same behavior.

Professor Haggard makes this distinction: Both narcotics and anesthetics attack primarily the central nervous system. But while the anesthetic proceeds from the highest functions progressively toward the lowest, the narcotic acts selectively and may hit first at any level—it does not progress from the highest to the lowest. Thus, most of the narcotics would hit first the sleep center to which alcohol would come only progressively.

DR. EMERSON: I do not want to go into a detailed definition of words. Professor Whittaker, who wrote in *Alcohol and Man*, attempted to get down to the basis of what was thought a narcotic. He was dealing with lower animals when the anesthetic test came up. Anesthesia does not apply to drugs. It is not important to wrestle with the ultimate definition of terms.

Alcohol Talks to Youth

In the Laboratory of Physiology

A 1944 Book by Howard E. Hamlin

"Mr. Alcohol," says Youth, "I am a young American, of sound body and good mind. I am anxious to succeed in school, to take part in athletics, become an honorable citizen. I meet you in art, in industry, the laboratory and often when out with my friends. Some say one thing about you, some another. I'd like to know the truth."

"Youth," answers Alcohol, "here in the physiology laboratory, you 'put me on the spot,' for here I have to tell the truth; outside I hear so many flattering remarks about myself that I almost doubt my identity."

Then Youth and Alcohol sit down for a discussion, in which, at the very beginning, Alcohol says:

"In the strictest scientific sense, I am an anesthetic, like ether which is made from me. I do not work as fast as ether and I am not as thorough. As an anesthetic, I numb your feelings and seem to exhilarate you. Thus I give you a false impression of yourself. You think you are clever and witty when, in reality, you are only less self-critical. You have less fear of talking too much, or too foolishly. You feel less worried, have less nervous tension temporarily, and therefore think you are better off. Because I relax you, you *think* you are resting, but the truth is that I prolong tiredness by interfering with the removal of the waste products of fatigue."

Thus begun, Alcohol tells Youth in thirty intensely interesting, conversational pages, the latest scientific facts of the problem as Youth faces it today—how alcohol is made, how it enters the blood, is burned in the liver, the reputation it has as a food, as a stimulant; its influence in digestion, on the capacity to drive a car, on the senses of sight, hearing, touch, reaction time, judgment and memory.

This 1944 edition of *Alcohol Talks to Youth* has been thoroughly revised. Professor Howard E. Hamlin, former Assistant Professor of Physiology at Ohio State University, is Supervisor of Health and Narcotics in the Ohio State Department of Education and a Fellow of the Yale School of Alcohol Studies, '43.

Published by School and College Service, Columbus, Ohio. For sale by Prof. Howard E. Hamlin, State Board of Education, Columbus, Ohio. 24 cents per copy; reduced rates in quantities.

Alcohol the Destroyer

An Outline Study for Discussion Groups

By C. Aubrey Hearn

Written two years ago, after four years of research, and revised and enlarged in 1944, this vigorous, realistic text book of 162 pages by one of the keenest young writers on the subject today, with its scientific material, its abundant references and discussion outlines, may well be accepted as the best and most useful book for groups of church young people now available. The new edition of 1944, is greatly strengthened, brought up-to-date in scientific material and enlarged to serve the needs of youth of today.

Beginning with a brief outline of current and historical facts of the "drink" situation, its prevalence, the scientific understanding of the problem today, and of why people drink, it discusses the Nature of Alcohol, its Effects on Physical Health, on Mind and Personality, on Moral and Spiritual Values, and in Society; then faces the question that youth asks, "To Drink or Not to Drink," and what to do about it, and considers the attitudes taken, and that intelligently may be taken, by Christian young people.

If "the test of the puddin' is in the eatin'," this book has been well tested. In a little over a year 18,500 copies have been issued in four printings, followed by this revised edition, with 14 additional pages.

C. Aubrey Hearn is a recent graduate of Howard College, Ala., with degrees in Law from Vanderbilt University and a year at Yale Law School. This preparation, together with special work at Southern Baptist Theological Seminary and at the Yale School of Alcohol Studies, has enabled him to make an unusually comprehensive and condensed study of the liquor problem of today.

The book is published by The Sunday School Board, Southern Baptist Convention, 161 Eighth Ave., N., Nashville 3, Tenn. Cloth 60 cents; paper 40 cents.

Had the doctrines of Jesus been preached always as pure as they came from His lips, the whole civilized world would now have been Christians.—THOMAS JEFFERSON.

A MODERN APPROACH TO THE PROBLEM of ALCOHOL

A Program Preview for the Crucial Post-War Situation

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"This 'modern approach' should be read by all Americans interested in a better post-war generation."—S. RALPH HARLOW, Professor, Smith College.

A national College Educational association is sending it to ministers and religious workers among students in all the colleges and universities of the United States, as 1944-45 program material.

One great church agency has ordered 5,000 copies; another plans to distribute 5,000 to local leaders; another provides it by the hundred for state and area conferences; another, for youth and leader schools.

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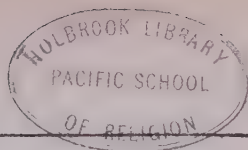
THE INTERCOLLEGIATE ASSOCIATION
FOR STUDY OF THE ALCOHOL PROBLEM

12 N. Third St.

Columbus 15, Ohio

NOVEMBER
1944

THE
INTERNATIONAL



STUDENT

OF LIQUOR IN LIFE TODAY

In This Number - - -

Yale School of Alcohol Studies
High Points of 1944
Youth, Alcohol and Delinquency
New Approach in a Youth Group
Adult Liquor-Problem Project
Strategy in Anti-Alcohol Movement
Realistic Youth Memories
Boyhood in Saloon Background
Attitude of Early Statesmen
Cult of Toxic Culture



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NEW HAVEN, CONN.

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democracy
something
eper than
berty; it is
responsibility"

THE INTERNATIONAL STUDENT

NOVEMBER, 1944

Vol. XLII, No. 2

HARRY S. WARNER, *Editor*

An Assumption and Its Consequences

SOCIETY and its average man and woman assume the effects of alcohol to be stimulating, act accordingly, and suffer not only from lack of understanding but from the assumption that the alcohol user is a safe and responsible judge of whether his performance of body and mind is better with than without alcohol in the body.

—HAVEN EMERSON, M.D., Professor, Public Health,
College of Physicians and Surgeons, N. Y., N. Y.

THE INTERNATIONAL STUDENT, organ of THE INTERCOLLEGIATE ASSOCIATION FOR STUDY OF THE ALCOHOL PROBLEM, is issued six times a year, in October, November, January, February, April, and May.

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Yale School of Alcohol Studies

Second Annual Session

WITH AN ENROLLMENT nearly *double that of 1943* and with a long list of applicants that could not be accommodated, the Yale University School of Alcohol Studies, Summer Session of 1944, has demonstrated, for the second time, a new place of university leadership in scientific education on the Alcohol Problem for America—and, indeed, for the thinking world.

It was a school of graduate rank, organized to bring into effective educational service the developments, attitudes, and scientific spirit of modern research as aids to constructive efforts toward solution of this vexing social and personal problem of the ages.

Extending through four closely-filled weeks of lectures, seminars, and panel discussions by experts, July 7 to August 4, the School enrolled, among its 147 students, college and high school educators, welfare workers, probation officers, editors of church publications, writers of public school and church school study and lesson material, judges, representatives of state liquor control boards, ministers—Protestant and Catholic—leaders and executives of many temperance agencies, prison officials, youth leaders, workers in welfare movements of wide variety, and others that have to deal, directly or indirectly, with alcohol and the complicated social situations in which it has a part. They came from 35 states, from Maine to California, the District of Columbia, and five provinces of Canada, one as distant as British Columbia. The states having largest representation were, Ohio, 19, New York 18, Michigan 9, Pennsylvania and Illinois 7 each.

The faculty consisted of Yale University Professors and research experts, not only of the Laboratory of Applied Physiology and the permanent School of Alcohol staff, but from oth-

er departments of the University. To these were added Professors and other scientific experts from Harvard, Columbia and New York Universities, the College of the City of New York, national health officials from Washington, educational research experts, and outstanding religious leaders who have given specialized attention to the Alcohol Problem and its victims, or to educational activity toward a better understanding of the problem.

The Program

Under the guidance of Dr. E. M. Jellinek, Director in immediate charge of the School, Dr. Howard W. Haggard, Professor of Applied Physiology, and their Associates representing the Laboratory of Applied Physiology and the growing staff of the School, the following comprehensive program made the four weeks a period of intense study, group and seminar discussion and informal conversation for those privileged to attend:

Three lectures orienting the whole field of the Alcohol Problem by Dr. E. M. Jellinek: "Introduction to the Curriculum," "Sources of Materials for Study" and "The Problems of Alcohol"; the organization of four seminars by the Assistant Director, Rev. Francis W. McPeck; "The Effects of Alcohol," I, "Metabolism" by Dr. Howard W. Haggard; II, "Significance and Determination of Alcohol Concentration in Body Tissues and Fluids" and its relation to traffic accidents, with laboratory demonstration, by Dr. Leon A. Greenberg, Applied Physiology, Yale; III, "The Effects and After Effects of Small and Large Amounts on the Body," by Dr. Haggard; IV, "Alcohol and Nutrition" by Dr. Norman Joliffe, New York University College of Medicine; V, "The Effect of Small Amounts on Psychological Functions" and "The Heredity of the Alcoholic" by Dr. Jellinek.

"Children of Alcoholic Parents Reared in Foster Homes" by Dr. Anne Roe, Psychology, Section of Alcohol Studies, Yale; "Introduction to Sociologic and Personality Theories of Inebriety" by Dr. Jellinek; "The Individual and Society" by Dr. John Dollard, Social Anthropology, Yale; "Theories of Alcoholic Personality" by Dr. Carney Landis, Abnormal Psychology, Columbia University; "Alcohol and Aggression" by Dr. Ralph S. Banay, College of Physicians and Surgeons, Co-

IT IS MY BELIEF that the evidence of the harmful effects of alcohol upon the individual and society is sufficiently abundant and precise to warrant the insistence by any community, whether local or state, that their department and officers of public health present the facts to the public through all suitable channels, and make available for public consideration and action all reliable information as to the preventable character of alcoholism, its wastefulness of life and material.

—HAVEN EMERSON, M.D.,
College of Physicians and Surgeons,
Columbia University.

lumbia; "The Alcoholic Mental Disorders" by Dr. I. H. McKinnon, Psychiatry, Columbia University.

"The Functions of Alcohol in Primitive Societies" by Dr. Selden D. Bacon, Sociology, Yale; "Alcohol in Complex Societies," Dr. Bacon; "Economic Aspects of Alcohol in Modern Society" by Dr. Benson Y. Landis, Associate Secretary, Federal Council of Churches; "The Effect of Alcohol on Society": I. "Demographic Aspects," Dr. Jellinek; II. The Family, Dr. Bacon; "Alcohol and Pauperism" by Father A. J. Murphy, Catholic Charities Bureau, Cleveland; "Alcohol and Traffic" by Dr. Donald S. Berry, Director of Traffic, National Safety Council, Chicago.

Panel Discussion Sessions: "The Penal Handling of Inebriates" by Hon. William W. Maltbie, Chief Justice, Supreme Court of Connecticut, Dr. Edward G. Baird, Law, Laboratory of Applied Physiology, Yale, and Dr. Ralph S. Banay, College of Physicians and Surgeons, Columbia. "Philosophy of the Temperance Movement" by Dr. Jellinek, Mr. McPeck and Mr. Harry S. Warner, Editor, *The International Student*. "Education as a Control Measure in Drinking Behavior" by Dr. Haggard, Miss Winnie M. Buckels, Department of Education, State of Mississippi, and Dr. Anne Roe.

"Controlled Consumption of Alcoholic Beverages" by Dr.

Baird, Yale; "Analysis of 'Wet' and 'Dry' Propaganda" by Mr. Dwight Anderson, Public Relations, Medical Society of N. Y.; "Prohibition" by Dr. Edward B. Dunford, Attorney, Washington, D. C.; "The Role of Community Activities as Drinking Controls" by Hon. E. L. Worthington, Director, Public Welfare, Cleveland; "Treatment of the Individual Alcoholic" by Dr. Robert Fleming, Psychiatry, Harvard University Medical School; "Public Care of the Inebriate in Europe" by Dr. Siegfried Kraus, Sociology, College of the City of New York; "A Municipal Model for the Rehabilitation of the Inebriate" by Dr. Howard J. McGoldrick, Bureau of Alcoholic Therapy, New York City.

"The Objectives of Psychotherapy" by Dr. Clements C. Fry, Psychiatrist, Department of Health, Yale; "Historic Development of the Religious Element in the Treatment of Inebriety" by Mr. McPeck; "Social Case Work With Inebriates" by Miss Sybil M. Baker, Family Department, Brookline Friendly Society; "Pastoral Experience With Inebriates" by Rev. Joseph F. Fletcher, Dean, Graduate School of Applied Religion; "The Attitudes of Churches Toward Alcohol Problems" by Dr. Roland H. Bainton, Ecclesiastical History, Yale; "The Pastoral Counseling of Inebriates" by Rev. Otis R. Rice, Religious Director, St. Luke's Hospital, N. Y.; "Activities of the Churches in Alcohol Education" by Rev. James A. Crain, Social Welfare, United Christian Society; "Fellowship of Alcoholics Anonymous" by William Wilson, Director, Alcoholics Anonymous. A Summation Session by the Director, Dr. Jellinek.

Four Seminars with frequent sessions were organized and conducted throughout the period, on the general themes of Educational Approach and Material, Community Responsibility and Care of the Alcoholic, Regulation and Control of the Traffic in Alcoholic Liquors and the part that the Church, Religious Counseling and the Minister may have in dealing with the alcoholic and the problem.

The School marked a decided step forward toward a better understanding of the problem of beverage alcohol, toward more effective use of the abundant material that scientific sources have to offer and toward making that material available for all who care to be of service, in any one or many ways, toward finding and effecting solution—the *task of the layman citizen*.

High Points of the Yale School

By **FRED D. L. SQUIRES**
Fellow, Yale School of Alcohol Studies, '44

WITH NO OBJECTIVE save that of presenting dispassionately such scientific findings and social experience as might aid in obtaining a balanced understanding of all questions involved, the school afforded each of those present—students and lecturers, as well—a clearer comprehension of the problem than might otherwise be possible.

It is impossible in a brief statement to epitomize the outstanding findings of scientists, public officials, social workers, students, church and liquor trade representatives, that were presented. But the following are of interest:

Points of Recognition

1. As the common denominator of the entire School session, the unanimous conviction of all who spoke or participated was that *the alcohol problem is one of major importance to America, and to the entire world as well.*

2. However diverse in details, *the findings of science and of all intensive study of the question, reveal the problem as one of increasing rather than decreasing significance.*

3. An extraordinary amount of time, effort and scholastic expense is being devoted to *thorough-going and exhaustive, scientific research and experiment on the subject*, and these investigators frankly recognize their findings as still far from final or definitive.

4. Nevertheless, the results of scientific study and social research so far, afford much positive *support for the principle of personal abstinence* from alcoholic beverages, and *the value of restrictive or prohibitory legislation* in accordance with in-

Condensed from *The Foundation Says*—"Let's Have the Truth About Alcohol," Vol. II, No. 6.

formed and efficiently organized public opinion.

5. The consensus of the Yale School leadership is that an average of at least one in twenty drinkers is likely to become an "excessive" user of liquor, and an alcoholic,—representing *an approximate total of at least 600,000 excessive drinkers or alcoholics in the United States at the present time.*

6. It is almost impossible to comprehend *the loss to society, economically, socially and morally*, involved in this demoralization, not only of these 600,000 persons who might have lived normal lives, but of the millions of others, children, related members of families and associates, whom this more than *half a million* "excessive" drinkers have affected.

7. Science has found *no way to determine or distinguish who or what sort of a drinker may or may not become an alcoholic.* (Dr. Jellinek, who made the statement, expressed his personal doubt that science will ever be able to determine this.)

8. *Science has been slow, and often remiss*, in recognizing the importance of the temperance movement,—a situation that is now being remedied.

Laboratory Study Not Enough

9. *Science recognizes that laboratory studies of the effects of alcohol are insufficient*,—that liquor and the influence of the organized trade in promoting these products can not be ignored.

10. *The manifold scientific studies which prove that a craving for alcohol is not hereditary, give added emphasis* to the factor of environment as intensifying the need for more effective grappling with the subject as a social problem.

11. *The social menace of liquor is terrifically increased today* as compared with past decades, because of the closely inter-related life of today. "Before the day of the automobile," as was pointed out by Dr. Leon R. Greenberg, "hazards of drunkenness were more largely personal. Now highway traffic makes both the drinking driver and the pedestrian a menace to safety . . . The drinking driver who isn't manifestly drunk may yet be an awfully dangerous man."

12. *It is an error to assert that alcohol is ever produced within the body* to any measurable extent, by anything other than alcoholic beverages. The amount of alcohol produced in the body

THE FALSE SPIRIT of humor which unhappily surrounds the alcoholic patient and endows him with a certain grotesqueness, and the stigma which is fastened upon him to his lasting disadvantage, combine to withhold, from the sick man that he is, the medical care that is his right and privilege.

—E. M. BLUESTONE, M.D.,
Director, Montefiore Hospital, N. Y.
Quart. Jr. Studies on Al., Jun., 44, 5.

by foods is infinitesimal.

13. "*Alcohol is not desirable* to use in any first aid treatment," declared Dr. Howard M. Haggard. ". . . The only stimulation of alcohol is before the alcohol gets into the organs of the body . . . repeated intake makes for permanent damage . . . The nervous system is not the only function but the first to be affected by alcohol . . . There is no task, the ability to perform which, may not be diminished by the use of alcohol."

14. Overwhelming evidence emphasizes the extraordinary dangers to which the child of alcoholic parents is subjected. ("The children learn to do what their parents do even more than what they say."—Professor John Dollard).

15. It was the consensus of opinion by scientists participating in the lectures that alcohol is accurately called an anesthetic. Dr. Jellinek and others supported the view that alcohol is a "narcotic" and that the term anesthetic is correct in a narrower sense. (The fact that the government does not classify alcohol as a narcotic, i.e., within the scope of its Bureau of Narcotics,—has no specific scientific connotation, since all questions as to alcoholic beverages are referred to the Bureau of Internal Revenue.)

16. The fact that alcohol is scientifically rated as a food because of its energy-giving quality, in no sense places it in the class with ordinary products of nutritious character. Its single food property can fairly be considered, only in relation to its potential harmful quality.

17. The effects of alcohol upon the human system are pre-

THE PRESENT ANTAGONISM between science, religion, philosophy, ethics, and art is unnecessary, not to mention disastrous. In the light of an adequate theory of true reality and value, they are all one and all serve one purpose: the unfolding of the Absolute in the relative empirical world, to the greater nobility of Man and to the greater glory of God. As such they should and can coöperate in the fulfillment of this greater task.

—PITIRIM A. SOROKIN, *The Crisis of Our Age*, 318

dominantly psychological rather than physiological, but that fact does not change the inherent seriousness of its effects upon the person using it. ("Saying alcohol's effects are psychological does not make alcohol any less dangerous."—Dr. Jelinek.)

18. "Although the role of alcoholism in crime has been overestimated in the past, the consensus of investigations support the conviction that alcohol is an important factor in 28 per cent of criminality, . . . i.e., nearly one-third of all crime finds alcohol 'a very great contributing factor'."—RALPH S. BANAY, M.D. (It is also pointed out that official police records in many cases under-estimate the proportion of crimes due to alcohol, even where an attempt is made to appraise that fact.)

19. An exhaustive appraisal of the "wet" and "dry" propaganda suggested that most of it is completely ineffective so far as influencing the 66 per cent of the population that is neither "wet" nor "dry." The effect of much of this propaganda is destroyed by over-zealous appeal, extreme statements, and failure to talk in every-day vernacular.

The pamphlet, "A Modern Approach to the Alcohol Problem," reached me at the psychological moment. We were just studying, in our general psychology, the "Influence of Alcohol on Efficiency." Your new emphasis seemed to be in hearty accord with the views of the class, mostly Navy men. Thanks so much for sending it.—FREDERICK ROEHM, Dean Emeritus Baldwin Wallace College.

Youth, Alcohol and Delinquency

By FRANCIS W. McPEEK

Assistant Director, Yale Summer School of Alcohol Studies

MUCH CRIMINAL BEHAVIOR, even where alcohol is in the picture, has little to do with alcohol itself. Alcoholism is not generally the cause of anti-social personalities, but anti-social personalities often drink to excess. With the average anti-social individual, liquor's use and its abuse are accepted incidents in daily and weekly routine. He drinks excessively because everybody about him drinks, and because it is socially approved. His associates find much to admire and little to condemn in such practices. In doing so, he participates more or less comfortably in a kind of community pattern of conduct which permits him license in speech and action that would be forbidden him in a middle class neighborhood.

Much of this explanation applies to delinquent youth, especially to those in the later teen-age years. The use of alcohol among them is a kind of function of the community life of which they are a part. Delinquents use alcohol more generally and more intensively than do non-delinquents; they also use excessive amounts of tea, coffee, and tobacco, and are casual about street thievery, beggary, destruction of property, prostitution, and other evils associated with the depressed and blighted areas in which they live.

I do not doubt that drinking customs are being more widely adopted by adolescents and young people than formerly. But our chief question here is, what alcohol has to do with the life adjustment of those termed by the law enforcement agencies as delinquent. As with adults, only a small proportion of the

Condensed from a lecture at the Yale School of Alcohol Studies, Summer Session, '43. Dr. McPeck is Executive Director, Department of Social Welfare, Federation of Churches, Washington, D. C. Much of his sociological research has been done very recently in Washington,

total number of youngsters who use alcoholic beverages come to the attention of the community by reason of criminal acts.

War emotions, doubtless, have something to do with the increased drinking among children. Much more important, however, is the disruption of home life and the breakdown of community facilities which supplement the normal home. To blame juvenile drinking upon war hysteria is not only wrong, from the standpoint of trying to understand why delinquent children drink at all, but also because it makes it easy for a community to accept a do-nothing policy. If we assume—and it is a logical assumption—that the greater part of delinquency is always identified with certain kinds of home and community conditions, we shall at once see the remedial steps to be taken.

The Persistent Sources

There are three general types of youthful delinquents and offenders, with each of which alcoholic beverages play a part.

1. The mentally ill, who suffer from a psychopathy of some sort that is revealed by their indulgence in alcohol. They may be severe cases, but the alcohol has practically nothing to do with either their illness or offense. For them permanent custody is generally the only answer. Fortunately, their number is few.

2. The "accidental" or "single" or "occasional" offenders; those whose offense is not likely to be repeated; whose general pattern of conduct is more social in nature than the particular act that brings them into the courts. Beyond question, they would not have committed their offense had they been sober. Alcohol was the direct causation of their anti-social conduct.

3. The largest group are those whose offenses are likely to be repeated often, who are not mentally ill. The anti-social acts with which they are from time to time charged express a well-established pattern of conduct which is duplicated in the lives of many of the youth with whom they associate. These youths are of major concern; they are the socially handicapped who most often appear in the courts and institutions.

Alcohol is seen to be involved in the offenses that bring them into the courts, but the relationship is different from that in groups I and II. Its possession and use are almost incidental in their anti-social acts. In speaking of this group, let us indicate

Referring to the Influence of Alcohol:

SOME SOCIETIES are psychotic as well as many heavy drinkers.

—ABRAHAM MYERSON, Harvard University Psychologist

an obvious interpretation of the relationship of alcohol to juvenile delinquency; namely, that the use of alcohol is a function of disorganized community life, and that it is an integral part of the cultural patterns to be observed there.

Home and Community Backgrounds

Experienced social workers readily identify the neighborhoods which may be expected to produce the greatest number of delinquents in any American community. They are recognized by blighted, substandard housing; long ago these communities were recognized as crime-producing areas. Large families, often with relatives, are crowded into two or three rooms. Incomes are low and uncertain. Between 75 and 85 per cent of our delinquents come from homes broken by separation, divorce, death, or harshly strained conflicts between parents. The mother too often must supplement the scanty earnings of the family.

The immediate result is the failure of even nominal supervision of the children, because parents are tired, distraught, and half sick. Children drop out of school early; the excitement of the street, in contrast with such a home, is too much of a pull. Public recreation space is lacking; the American city spends most of its recreation money in neighborhoods that need it least. Civic leadership is lacking; people living in slums do not have enough energy left over from their miserable struggle to make a living to have a social awareness. All common standards of morality are vitiated, and everything which offers even temporary escape is seized upon by adults.

Cultural Backgrounds

With this description of the community cultural background of juvenile crime, I wish to include Dr. John Dollard's cultural

breakdown of society, to show how the three groupings of youthful delinquents are distributed. In the diagram the percentage of each social class in the total population, and its attitudes toward drinking, is given as follows:

UPPER Upper	2%	Old society; mixed drinking.
UPPER Lower	2%	Business, management;
MIDDLE Upper	11%	Nouveaux riches; mixed dkng. drink to less extent.
MIDDLE Lower	28%	Not much money, respectable; none drink.
LOWER Upper	32%	Respectable, working element; some drinking.
LOWER Lower	25%	Ignorant, shiftless; much drinking, not mixed.

How Youth Are Affected

Group I of delinquent youth contains the psychotic and psychopathic offenders whose use of alcohol is symptomatic; they may be found throughout the three strata, Upper, Middle, Lower. Mental illness is no respecter of social or economic standing. However, not much will be known about the children of the Upper and the Upper Middle classes; they are not brought to the attention of the courts unless serious offenses occur.

The offenders in Group II, classified as accidental, are likewise generally distributed among the social classes.

The delinquent youth of Group III, those of the pattern delinquent, are found almost wholly concentrated in the lower social strata. This fact should come, not as a consolation to the middle class people, but as a warning; for delinquency undoubtedly is increasing among children under the age of 16, and it is decidedly increasing among those of the Lower Middle class; that is, among the group that heretofore has been freest from anti-social manifestations.

The reason for the increase is simply that the very conditions of life, which during peace time were largely confined to the "crime producing areas," are now being extended into the Middle class communities.

The war has withdrawn fathers into military service, and

THE KEY to juvenile drinking, as the key to juvenile delinquency with which it is often associated, is found, first, in the distortion of what should be a wholesome family.

It is found, secondarily, in the kind of community life which surrounds the disintegrated or disintegrating family.

—FRANCIS W. MCPEEK, Department of Social Welfare,
Federation of Churches, Washington, D. C.

caused longer working hours. Mothers are working, as a matter of patriotism, or lack of interest in their children, or to supplement shrunken incomes and mounting prices. Home supervision is scanty, irritable, negative. Huge population shifts have over-crowded defense areas; families double up; landlords let living premises go to pot to evade rent control. Neighborhood facilities for recreation and wholesome community life decline. Personnel for organized young people's activities are siphoned out for armed services, or into war work. The result is that the Middle class communities are losing the things that supplement home training at the very time that home life is being weakened.

The new restlessness and uncertainty among Middle class adults, shown by unconventional sex life, religious experiences of a pessimistic variety, alcoholism, and other evidences of maladjustment are providing a new life context for Middle class youngsters. The relaxing of former attitudes on matters of morals—the social acceptance of much that ordinarily would be condemned—encourage the children to take part in much, including alcoholic indulgence, that otherwise they would shun.

More Basic Than War Hysteria

The increasing use of alcoholic beverages by juveniles cannot be properly accounted for by some mysterious war hysteria. There is not much mysterious about delinquency, certainly nothing more than there is about social behavior. Given

Wasting Vitality

MEDICAL SCIENCE, economic studies, spiritual values, all reveal with increasing clarity the destructive and enervating waste to physical, intellectual and spiritual vitality that alcoholic habits create.

The millions spent on high-powered and artistic propaganda cannot conceal from the intelligent mind the ruinous character of the habit which such profit-making industries spread among the Nation's youth.

—DR. S. RALPH HARLOW, Chairman, Department of Religion,
Smith College, July 18, '44.

particular home and community factors, and you will get well adjusted youngsters; other factors, and you have very different youngsters. If we want to reduce the number of children using alcohol, we will have to engage, as always, in energetic educational efforts and limit the accessibility of alcoholic beverages to them. But more fundamental than these steps, is the support of those forces in the community, economic, spiritual and otherwise, which insure the security and normalcy of home life.

The key to juvenile drinking, as to juvenile delinquency, is found first in the tragic distortion of what should be a wholesome family; second, in the kind of community life which surrounds the disintegrating family. The real problem is neither alcoholism nor delinquency, but the eliminating of family and community causes, which also are the causes of physical and emotional ill health, ignorance, poverty and irreligion. Sometimes the most complex answer is the truest one.

The malignant patterns of delinquent areas are spreading into formerly secure neighborhoods. Their coming means the destruction of the family. The destruction of the family—because it is the fundamental unit of society, and because its existence in highly socialized form is essential to the development of sensitive, Christian personality—means the rapid increase of anti-social problems in the lives of youth and adults.

The New Approach

In a Summer Youth Group

DURING THE PAST summer a *new type* of study and instruction was offered as one of the courses open to the young people attending the Leadership Training Camp of the United Brethren Church, at Otterbein College, Westerville, Ohio, for two weeks in August. The Camp, held annually under the Department of Young People's Work, has been carried on at the college for more than twenty years.

The class was lead by Rev. Ila Grindell, of the World League Against Alcoholism and a Fellow of the Yale University School of Alcohol Studies, '43. Much of the material used came from that recent source of scientific information. Those in charge of the camp at its close expressed the opinion that the course was a decided benefit to the young people; they plan to make it a permanent part of the curriculum.

But the reaction of the students was most significant. From the discussions, and especially the note-books that each kept through the two weeks, it was clear that they had been deeply impressed by the age and complexity of the liquor problem; the fact that intoxicants have been used in practically every land and among all people; the study of the mechanics and the effects of alcohol circulating in the blood; its quick and powerful influence on the brain; the study made of the "true and false" impressions that come from the attractive and misleading liquor advertising now so prevalent.

The course constituted nine lectures and discussion periods, as follows:

1—*Complexity of the Problem*: Its age and growth; ancient drinking practices; the sense of release from fear and anxiety it gave in primitive life; its growth into modern tradition and customs; to uproot these customs will not be easy, but

it can be done ; careful and long education will enable people to see the true nature of the drug alcohol.

2—*Physiological and Psychological Effects*; not a poison in the ordinary sense ; it should be classed as an anesthetic, with chloroform and ether. Its most important effect is on the brain ; second, it interferes with the functioning of various organs ; it never stimulates, always depresses the highest centers, those which control self-judgment, self-criticism, self-restraint. This constitutes its charm. It is always a deceiver.

3—*Alcohol is deficient in Essential Elements of Nutrition*; while it has certain food properties, its continued use leads to deficiency diseases. It contains calories, but no vitamins, acids, minerals. From the standpoint of nutrition, one who drinks a pint of whisky or its equivalent a day does himself a maximum amount of harm ; constant moderate drinking more injurious than an occasional "spree."

4—*Consumption of Liquor in the United States*; its extent and trends ; food materials used.

5—*Public Health and Public Safety*.

6—*Religion and the Alcoholic*.

7—*Social Factors which Perpetuate and Promote the Alcohol Tradition and Habit*.

8—*Attempts to Solve the Problem*.

9—*Lines of Approach*.

10—*Programs, Methods, Resources*.

The extent and seriousness of the alcohol problem in modern life is not a matter for dispute, whatever one's views as to the adequate solution. In the framework of a democracy, such a problem can be solved only by public consensus. It is obvious this cannot be achieved until the public is not only adequately informed, but also convinced that positive steps of a well-defined sort are necessary.—ANNE ROE, PH.D., Psychologist, Yale School of Alcohol Studies.

We live in such narrow circles that there is a great section of humanity whom we never know. If we could widen our interests and get acquainted with people outside our circle, our problems would be more easily solved. Some would be automatically solved.—NATHAN ADLER.

Adult Liquor-Problem Education

New Popular Project in Florida

A COOPERATIVE Adult Educational Program, designed to reach the general public in a way similar to the new Narcotics and Health program being sponsored among the public schools of various states—including Florida—has been in operation for a year with significant promise as to the future. The first year of activity has been received among adult groups, with a success that indicates that many men and women are ready, if not eager, to hear and discuss the scientific and educational background of the problem today, both that they may understand it better, and that they may be able to render more effective service in practical activities aimed toward solution.

The program has been under the leadership of Mr. Fred T. Barnett, of Lakeland, Florida, a highly experienced speaker, discussion leader and educator of the liquor problem. His field and director service is sponsored by the Florida Co-operative Committee for Narcotics Education; the cooperating agencies include the Churches, Parent-Teachers' Association, Florida Education Association, State Department of Education, Woman's Christian Temperance Union and Federation of Women's Clubs. Its function is to bring to citizens' groups, and through them to all possible sections of the public, the educational approach, including freedom of discussion, that is being made in the schools of the state.

Florida is one of four states in which the State, through its Department of Education, sponsors a section on Narcotics and Health Education, with a full-time Director and, in Florida, an assistant teacher. But here, in "the Playground State" of the Union, where the vast tourist centers offer unusual opportunity for relaxation of discipline and increased self-indulgence, com-

plicated by heavy war training concentration, an alarming increase in drinking has been noted in recent years.

Per capita consumption of alcoholic beverages is greater than in any other Southern state. Consequently and realistically, this new adult educational movement has developed and grown strong in one year, financed by the churches, as a vital project that meets an immediate and imperative need. It has been noted by Dr. Haven Emerson, of Columbia, as one of the six best plans for narcotic education now in operation in the United States and Canada, coordinate, as it is, with that being done in the public schools through the State Department of Education.

The Director of this out-of-school group program works by means of articles in the press, distribution of educational literature, addresses and discussion in clubs, churches, organization meetings, schools, conferences of church and civic leaders to arouse public opinion to an understanding of the need for narcotics education and to conduct that education directly in the groups reached. He seeks to coordinate in the home, the understanding gained by youth in the schools, that the scientific instruction of youth may not be dissipated by home attitudes and customs.

V-DAY PLANS

The city council has decided to suspend alcoholic beverage traffic for at least 48 hours after the tidings of final Allied victory in Europe. Also, it has instructed Mayor Wieneke to proclaim a day of thanksgiving and prayer on that occasion and requested that all churches remain open.

These actions in themselves cannot be presumed to guarantee general sobriety and worship but they should assist materially in influencing the thought and conduct along those lines. As a minimum they become a token by which anyone who looks or listens may know the community is mindful of the sacrifices which went to make V-Day possible.—*Saginaw News*, Saginaw, Mich., Aug. 23, '44.

THE WORK you are doing with the young people stands at the top of all work in the interest of temperance; I am glad to have a part in it.—A. E. FALCONER, Arlington, Va.

Strategy in the Anti-Liquor Movement

By **HERBERT J. BURGSTAHLER**
President, Ohio Wesleyan University

TONIGHT it is my wish to discuss with you the strategy that should prevail, as I see it, in the anti-liquor movement. I take it for granted that you regard liquor as the world's second greatest evil. I place as the first of today—*war*. But war is fought in the open, its battles are obvious. The liquor traffic is insidious. It strikes in the dark. It aims at America's most precious asset, the youth. It attacks youth in social relationships. It says to youth, "This conviviality makes for ease and sociality and makes you significant to others." But it lies. No person ever was strengthened permanently through such artificial means.

My aim tonight is to try to determine what strategies we ought to use in overcoming this evil.

1. I start with the proposition that we must be realists. We must face the problem of alcoholism as it actually is.
2. We must know the problem.
3. We must determine to do something about it.
4. We must plan a statesmanlike procedure which will be accepted by even our greatest critics.

First, Be Realists

First then we must be realists. We cannot evade the fact that the liquor traffic has governmental approbation. The present Federal Government leadership has put its stamp of approval upon the liquor traffic both personally and officially;—this leads multitudes of people immediately to believe that the beverage use of alcohol is permissible.

Condensed from an address at the Youth Session, National Convention of the Woman's Christian Temperance Union, Columbus, Ohio, Sept. 16, 1944.

The use of liquor has social approbation. This is one of the facts that must be faced in the development of our strategy.

Appeal of Habit

The personal appeal of liquor is very real. Victims of the habit find it exceedingly difficult to resist the appeal that it has for them.

We must realize that the liquor traffic is entrenched in the very body politic of this nation. It has hundreds of millions of dollars at its disposal and insidious methods of promoting its business are in use.

Many people are convinced that beverage alcohol is a robber of virtue, vitality, social security, and wealth, but only a limited number do anything about it. I therefore propose that we point out some things to do.

My first proposal is that each individual determine not to use it in any form.

My second, that there should be a greater appreciation of the people who do not use it.

My third, that we should know the facts sufficiently so that we can discuss the question intelligently.

Group Action

My fourth proposal is that we realize that group action is important. What ought to be the objectives of group action? *The securing of adequate leadership is the outstanding essential.* Nothing significant ever has been done without great leadership. We ought to find a national leader in Washington and similar leaders in state legislatures. We should find outstanding business men, educators of significance, clergymen, editors, news commentators—indeed in every strata of vocational activity an influential man or woman may be found. The important thing is to get that person to take an active part in building and promoting organizational influence to do those things which will make for greater sobriety of the American people. I should like to emphasize also the importance of finding a great body of youth who are potential leaders.

A movement across the nation to persuade homes not to use liquor and to teach children that principle would be of tremendous significance.

THE SOCIAL responsibility of the individual is commensurate with his degree of understanding.

—ANTON J. CARLSON, Professor Emeritus, Physiology,
University of Chicago

In the realm of education, there ought to be a concerted effort to have written into the physiology, sociology, ethics, psychology texts and in the literature of the American public schools the actual truth about beverage alcohol.

The second educational force is the Church school.

We should make an attempt to have newsmen project scientific and economic information about alcohol into the newspapers and magazines. Radio commentators who have convictions against its use should be found and encouraged. The movies should be used. Instead of liquor being presented repeatedly on the screen as the natural and appealing thing, there should be an appreciation of those characters who refuse liquor.

The development of substitutes for the tavern, saloon, and night club is important. Those eating places and social movements that refrain from the use of liquor should be supported and given higher approval.

We should seek to get 100,000,000 American people identified with the movement, who are pledged to do everything within their power to present information and to promote the cause of an anti-liquor effort. With the help of God and the prayers of these 100,000,000 men and women it is possible for us to build a movement across the nation that will eliminate one of America's greatest evils.

SCIENCE cannot claim complete freedom from the control of goodness and beauty, and therefore cannot and should not serve any evil purpose.

—PITIRIM A. SOROKIN, *The Crisis of Our Age*, 318

Realistic Youth Memories

By JAMES THOMAS, D.D.
Broad Street Methodist Church, Columbus, Ohio

THE EARLY YEARS of my life spent in saloon-ridden mining camps of the Upper Peninsula of Michigan have left antagonisms to beverage alcohol that come not from theory or hearsay, but from experiences, the scars of which can never be removed.

My brother Jack and I broke our mother's heart and sent her to her grave before her time, because of worry for her children who were caught in the tentacles of the saloon octopus. While under the influence of liquor, Jack lost a leg in an underground wreck of an electric motor vehicle which it was his job to drive. Later he was murdered in a saloon brawl. A few days before her baby was born, a sister of mine was kicked over the stairs by her drunken husband. The effects of that fall lasted through the years. As a young lad I came near death when attacked by a drunken stepfather who sought to kill me with an axe. No one with such memories, having come to his senses, could be anything but a fanatic in his antagonism to that which made such memories possible.

Nor are the memories only those that deal with what beverage alcohol did to me and my family. I have witnessed tragic results to thousands of others. I have seen husbands and fathers come into the saloon with pay checks, and not leave until the month's pay had been spent over the bar, with nothing left to meet the family bills at the store and butcher shop. Their families could go unfed, underclothed, and poorly housed but they had to have their liquor. This condition still exists for multiplied thousands in our land today.

This excerpt is condensed from an address by Dr. James Thomas, "Alcohol Unlimited," September 17, 1944, in connection with the National Convention of the Woman's Christian Temperance Union.

Boyhood in a Saloon Background

By AMOS ALONZO STAGG
Fifty Years a University Football Coach

MY INTEREST in the welfare of young people is the outgrowth of gratitude—gratitude that I escaped the conditions to which so many of my boyhood companions were subjected and by which they were handicapped for life.

My home training in comparative poverty was all that could be desired, but the environment of my playmates and myself was far from helpful. Our rendezvous was close to four saloons; the atmosphere of the neighborhood was charged for exciting episodes. Beer-drunken men were a daily sight; rarely a Saturday night passed when one or more of our neighbors did not go on a debauch. Fights, more or less frequent, furnished the thrills for us youngsters.

Every now and then the young men would chip together and buy one or more kegs of beer, take them out in the big lots near by, and get soused.

The saloons were our substitutes for the movies, the theater, the motor car, the radio, the seashore, reading, and all. In bad luck men drowned their sorrows at the bar. In good luck they celebrated at the bar. When too cold, they drank. When too warm, they drank. In high spirits, they let off steam at the saloon. When bored, they bought high spirits from the bartender. If we had no movies, we did not miss them. We got our drama at first hand in the raw from the saloon and the show was continuous. It must need a lively sense of humor to argue that beer is not intoxicating. Beer was the drink of our street

This article is condensed from a statement by Coach Amos Alonzo Stagg before the Judiciary Committee of the United States House of Representatives, March 13, 1930, then Coach at the University of Chicago, and widely noted as one of the best in American college athletics.

—used in the hope and expectation of getting drunk, and rarely disappointing.

The children of most of the families of our block grew up under the shadow of these recurring debauches, in which they and their mothers ran the chance of a beating. Nobody can paint the effect of those conditions on the growing boys and girls, of whom there were many. The families were kept impoverished. The children were none too well fed, and sometimes lacked warm clothing. The great majority did not have satisfactory schooling. They had to go to work young, not because the father did not earn plenty of money, but because good wages were squandered in drink. The children did not have a fair start in life. As far as I can learn, nearly all of my early playmates are now dead.

As a young man I promised God to devote my life to young people, becoming a physical director and athletic coach, specializing in football, baseball and track athletics, in two of which sports I achieved a reputation as a student at Yale University.

Attitude of Early Statesmen Toward the Alcohol Problem

By MABEL MORRIS

Instructor, University of Idaho, Moscow, Ida.

THE ATTITUDE of *Thomas Jefferson* concerning the Indian and the alcohol problem is clearly one of philanthropy. From correspondence between the United States Commissioners to the Indians and the Secretaries of War during the years 1789 to 1800, reported to the American State Papers, it appears that the traders in the administrations of Washington and Adams frequently disregarded the deteriorating effects of liquor upon the Indian. The Federalist leaders seem even to have encouraged drinking among the red men, and to have detected in this encouragement

an indirect means of furthering their commercial interests.

James Seagrove, United States agent to the Creeks, writes to Knox, who, it will be remembered, was Washington's Secretary of War. This letter says that Seagrove demands "six hogsheads of Northward rum and Pike Teneruffe wine as the very smallest quantity he can do with." The Federal agent asks that it be sent before the time of the Indian meeting and he goes on to say that it is impossible to deal with these people without it. An additional letter written in Washington's administration by John McKee, United States Commissioner for the Indians, to Governor Blount describes the late conference as amounting to one hundred thirty-five dollars, a sum that was due, it seems, to the cost of whisky. McKee evidently considers it to the interest of our Government to furnish the Indians with as much whisky as they wanted, for he announces his determination to be as liberal as Watts, the Chief, was thirsty.

A diary of Thomas Procter, Esq., United States Indian Commissioner, which is submitted to Henry Knox for his inspection in 1791 here states that he has granted Red Jacket's petition for a "little liquor" and that he has sent eight gallons. He says too, that as the Young King seemed to want rum he "did not send him away empty handed." Again in an extract from a letter of James Seagrove, agent for the Creeks, to Timothy Barnard, agent, "I let the Cussebah men drink as much as they chose."

In contrast to the Federal policy which not only tolerated the use of liquor among the Indians but encouraged it in order to impose upon their credulity, the Democratic understanding, interpreted best by Jefferson, is one which seeks to promote the real happiness of the red people. The American State Papers report an address by Jefferson to Congress January 28, 1802, in which he brings this matter before the body. In this address he asks the Senate to consider the prohibition of liquor to the Indians. He urges their consideration of this matter in the spirit of "liberality and benevolence." Again Jefferson in 1809 says in a message to the Wyandots, Ottawas, Chippewas and Pottawatomies . . . "We saw that the intemperate use of ardent spirits produced poverty, trouble and murders among you. . . . It has been our endeavor, therefore, like true fathers and brothers, to withhold strong liquors from you."

Cult of Toxic Culture

*Seek the Truth
Come Whence It May
Lead Where It Will*

Neurotic Condition Not Alone Responsible

WHILE IT IS TRUE that the disease of alcoholism is more common among some racial or national groups than it is among others, there is nothing to indicate that such "peoples are more neurotic or psychotic than the temperate folk who suffer just as much, or more, from anxiety, depression, inferiority and such-like states, and still do not seek the so-called escape" via the bottle.—DR. ABRAHAM MYERSON, Harvard Medical School, quoted in *Columbus Citizen*, Sept. 15, '44.

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Trained Brains May be Alcoholic

We might expect that trained brains would guard against alcohol but statistics do not support this hope. In one survey only 6 per cent among those with alcoholic psychoses in public hospitals were illiterate, while 8 per cent had college education. There are many private hospitals caring for alcoholics and in this class of patients the average of education is high. "The percentage of college graduates among patients with alcoholic psychoses indicates that college education is not a safeguard against these psychoses." Trained brains succumb to alcohol as readily as untrained.—GEORGE A. LITTLE, *Guard Your Gray Cells*, 22.

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Liquor Editor Asks "Dry" V-Day

Some of the more thoughtful leaders of the liquor trade are urging upon their associates the closing of taverns and a ban on the sale of alcoholic beverages for V-Day. One of the more progressive, Deane S. Anderson, Saginaw, Mich., editor and manager of the *Michigan Beer and Liquor Bulletin*, is publicly asking that at least 48 hours of non-selling be observed when Victory-Day comes.—*The Foundation Says*, Chicago, Aug.-Sept., '44.

Fills Garbage Pail

Fifteen billion dollars of national income goes into the garbage pail in the form of liquor, narcotics, gambling, sex magazines and other things which undermine the health and the employability of our people.—ROGER BABSON.

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Tax Collector

One fact should be made clear. While the industry is proud of its role as tax collector, it recognizes that it does not *pay* excise taxes. It merely *collects* them. The consumer *pays* them.—*The Distilled Spirits Industry*, Sept., 1943.

• •

"She Never Looks It"

The old-time saloon never allowed a female at the bar. It chased high school girls away with a broom. It closed at midnight. And on the whole, it kept closed on Sunday. Now, women clog up the cafés, the law allows Sunday operation, and everything is legal. Woman is man's equal, but somehow she never looks it in front of a bar.—DAVE BOONE, *New York Sun*.

• •

Women at the Tavern

Some get frisky and go around hopping tables and looking for trouble which begins with harsh words among jealous bucks indoors and winds up in the alley. Others just want to sing or cry or fight with their husbands or boy friends, some sit alone getting glassy-eyed and pale until helpful girl friends take them through the door marked "ladies" or "powder room" or cutely "her." And some are real good drinkers with a very high boiling point who just have a good time and never give anybody any bother.—WESTBROOK PEGLER, *Fair Enough Column*.

• •

THE EFFECTS OF ALCOHOL upon the drinker are best studied in his changes of conduct, which reveal inferiority of performance whether tested by the physical or psychological level.

—HAVEN EMERSON, M.D

Alcohol Culture Over-ripe

The arm of a young woman, 24, was bitten off at the Central Park Zoo, New York, by a bear that had been awakened and teased by a cocktail party at 2 A.M. In San Francisco, a shipyard rigger, who had come from Wyoming "where they brand cattle," in a fit of drunkenness held an electric iron against the stomach of his six-months-old baby "to make him stop crying." A Lieutenant in California must go to the gallows because, on a drunken ramapage of four persons, he murdered "the only girl I ever loved." A Second Lieutenant in San Francisco, after conviction by court martial, hanged himself in a hospital because, while drunk, he killed two girls, a Captain and a policeman.

• •

The Drunk a Mis-fit

The drunk is a man who has been drugged.

He is a nuisance in a crowd with his loud talk because his sense of hearing has been dulled by the drug, and he does not know he is shouting.

He is a menace to other workers in the shop because his nerves have been paralyzed, and he cannot keep out of the road of the machines, or he grinds other men between the wheels he cannot control.

Other people have to follow him to clean up after him, and to repair the damage he has done.

His efficiency begins to go down from the time he takes his first drink, and in the late stages other people have to take care of him.

He imposes upon his friends, upon the public, and upon himself.

There is no place into which he fits.

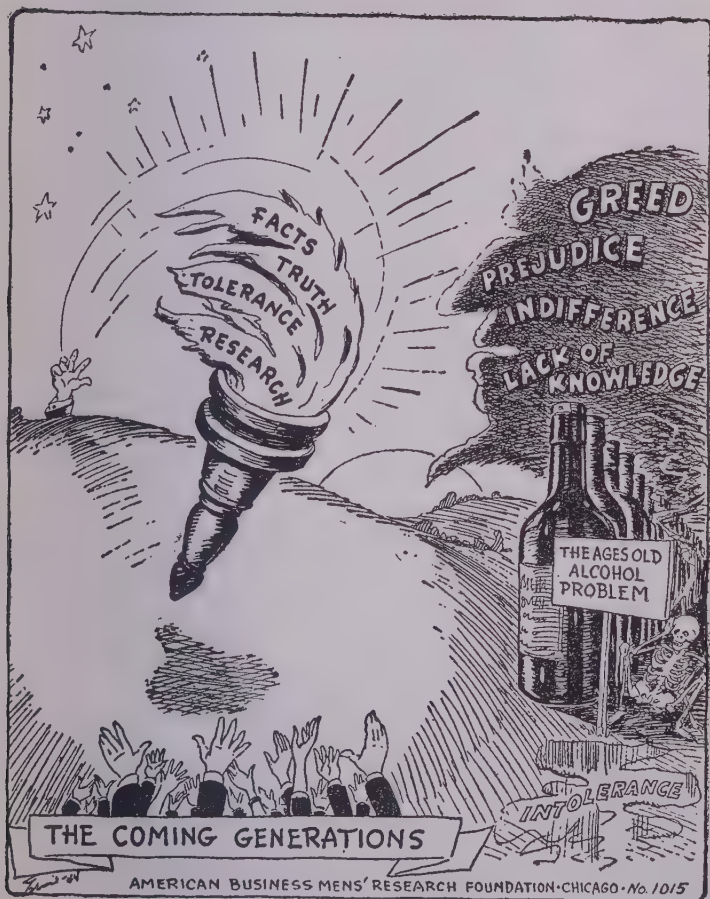
He is a sick man.—ROY L. SMITH, *The Christian Advocate*, Chicago.

• •

Do not be afraid of learning something new. We all need to go on learning. We know very little now. There are immense fields of truth for us to explore.

We need to know the *truth*, whether it upsets our pet theories or not. In the end, the new truth will serve us. All we need is to be sure it is the truth.

Science is constantly on the march. We must keep up with it.—DR. E. M. JELLINEK.



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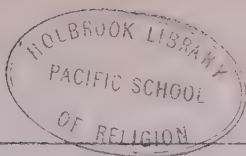
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THE INTERCOLLEGIATE ASSOCIATION
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JANUARY
1945

THE
INTERNATIONAL



STUDENT

OF LIQUOR IN LIFE TODAY

In This Number - - -

New Approach Now at Work
College Courses in Alcohol Problems
State Departments Give Leadership
Release: Alcoholic and Natural
Conclusions from Yale School
Seventeen Steps Back
They Do Good Anonymously
A Working Bibliography for 1945



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democracy
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THE INTERNATIONAL STUDENT

JANUARY, 1945

Vol. XLII, No. 3

HARRY S. WARNER, *Editor*

Seeking Freedom

THOSE WHO FEEL that beverage alcohol is desirable or necessary in social intercourse; and that vastly larger number who count on a drink at the end of a day of heavy toil, dust and strain; and all others who usually continue moderate in their use, will only be making a higher choice of satisfaction for themselves, when they discontinue practices that in every walk of life have left a blight on the lives of millions. In their relative immunity to excess, they will not forget "the other fellow," who cannot, or never does, and never will, remain moderate. The man of strength is no less strong for choosing not to add to the unhealthy pressures that burden the less strong, the less knowing. Here lies the *heart* of the philosophy of the non-alcoholic movement—the readiness of many men and women to set aside the overly-attractive custom that they may not themselves "abuse," that society as a whole—and the less knowing—may have a new freedom.

—HARRY S. WARNER, The Editor, in an address at the Yale University School of Alcohol Studies, Summer Session, 1944.

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A New Educational Approach

Is Now at Work

AN OUTSTANDING feature in the *new-growing* attention being given the problem of beverage alcohol in many parts of the country this past year, is the part being taken by university and college educators—the most significant of which is the organization of instruction in the results of modern research and the application of the scientific spirit. This very recent activity, by men of high academic standing and in university atmosphere, is a new fact and factor of basic and far-reaching influence for the future.

College and university leadership in a higher educational approach to this perplexing problem of the ages—this hotly-contested problem of recent years—is now being expressed, concretely, in scientific and forum method, in four different and significant forms:

1. Advanced university courses of lectures, forums and seminars, that bring the teaching and the results of the research of the highest scientific experts, to the leaders, educators, writers, social welfare workers, ministers, leaders of Alcoholics Anonymous, temperance workers of all varieties,—to those who promote and those who oppose the alcohol custom and trade—to all interested in seeking a better and more scientific understanding of the alcohol problem of today. Of this type of activity, the Yale University School of Alcohol Studies, with 27 experts and 79 students in its first, 1943, summer session, and an equal faculty force and 158 students in its 1944 session, is the outstanding example in university leadership.

2. The continued and increasing number of colleges, widely scattered over the country, that have been offering courses of instruction, in recent years, as a part of their college work, with academic standing and credit. This form of educational service—largely for teachers and students preparing for teach-

ing—has been increasing in the past six years.

3. One-day specialized conferences, seminars, forums, "Little Yale Schools," have been organized in many cities for and by social welfare and public health workers, judges, police officials, educators, ministers, Alcoholics Anonymous leaders—for all interested in the new understanding of alcoholism, its treatment, and cure, and the social conditions surrounding heavy drinking. In addition to facing the "problem of the alcoholic" these democratically conducted forums have developed a vital method of public education and a spirit of coöperation between groups sometimes antagonistic in the past. Examples in the past two years include two held in Cleveland, and one each in Washington, Boston, Baltimore, and Lansing.

4. Provisions for education in the public school systems of several states, usually in connection with health instruction, and under the supervision of State Boards of Education. In five states Directors, or Supervisors of Health and Narcotics Education, give full time to these new forms of education.

Altogether, these new educational activities are bringing the problem realistically into every-day interest and thinking, making it less a specialized problem, treating it more comprehensively than has been usual in the past. It seems to indicate, too, a new interest and willingness among some educators to face positively and frankly, the possibilities of the service that they, more than anyone else, are qualified to render in college, school and community education on the problem.

From the leadership and prestige of the renewed scientific approach, now well under way among these university men, a greatly enlarged program of similar activities may well be expected in 1945, within *and out from* the colleges, universities and high schools of the country. In the face of the coming post-war period, the serious determination of most thinking people to prepare, in advance, to meet the dangerous tides and tendencies of release from restraint and reaction, this new leadership in connection with the alcohol problem, is most strategic. Both the occasion and the opportunity for positive programs of education on the problem as it faces youth—and all us—today, by and under college leadership, are fully ripe and imperative.

Colleges Offer Instruction Courses

In Alcohol Problems

A MARKED TREND that reflects *growing interest* among colleges and universities in a new educational approach to the beverage alcohol and related problems in every-day living may be observed from the increasing number that have been offering courses of instruction in this subject in recent years.

Much of this new curriculum activity has occurred in the Summer Schools, with chief attention given to the equipping of teachers for the public schools. But the enrollment of college students and student teachers, and the range of instruction offered, have gone far beyond that related definitely to further teaching: they have become an expression of a deep-growing desire to find the relation of the liquor problem to life interests and social living.

During the summer of 1944, in addition to the highly specialized courses at Yale University, eighteen or more colleges and universities verified their leadership in this movement by providing class instruction with college standing and credit, notwithstanding the requirements of the war situation. In 1943, the number was 18; in 1942, 14; in 1941, 6; in 1940, 3—a steady advance. Previous to 1940, Cornell College, Mt. Vernon, Iowa, Dean Albion R. King, Instructor, and New York University, through a course at Chautauqua, sponsored by Bertha Rachel Palmer, Director of Alcohol Education of the Woman's Christian Temperance Union, had been giving special and scientific educational instruction, the former for two and the latter for three years. These pioneer experiments, therefore, may be regarded as initiating the new college-led efforts for the preparation of educationally qualified leaders for service toward solution of the alcohol problem of recent years.

The colleges reported as offering courses on the campus in 1944, widely scattered throughout the country, are as follows:

Alabama College, Montevallo, Ala.
State Teachers College, San Jose, Calif.
University of Redlands, Redlands, Calif.
State College of Education, Greeley, Colo.
Stetson University, De Land, Fla.
University of Fla., Gainesville, Fla.
Fla. A. and M. College, Tallahassee, Fla.
Fla. Southern College, Winter Park, Fla.
Cornell College, Mt. Vernon, Iowa.
Wheaton College, Wheaton, Ill.
Delta State Teachers College, Cleveland, Miss.
Jackson College, Jackson, Miss.
Millsaps College, Jackson, Miss.
State Teachers College, Minot, N. D.
State Teachers College, Valley City, N. D.
Alderson-Broadus College, Philippi, W. Va.
And others not reported.

One of the first colleges to offer instruction is California State Teachers at San Jose, Dr. Oscar L. Bauer, Professor of Physics and Chemistry, instructor. The course is well established, seeks to cover briefly the whole field of the problem, offers 3 quarter-units credit, is entitled "Alcohol and Other Narcotics" and enrolled 37 students this year.

The course at the University of Florida, "Narcotics Education," is included with Health and Physical Education—a factual, scientific and unemotional approach, including psychological, physical, social, economic and educational aspects. Sponsored by the State Board of Education which furnishes the instructor, the course is in its second year.

Stetson University, De Land, Fla., has a class of 24 students, in "Narcotics Education," Dorothy Little, Consultant in Narcotics and Health, of the State Board of Education, instructor.

The University of Redlands, Redlands, Calif., listed a course this year as "Education, 146: Narcotics Education." Range covered—Nature of Alcohol, Its Effects—Physical, Psychological, Economic, and Sociological; Why People Use Narcotics; Why They Use Alcohol; environmental, educational and other factors; Elizabeth Hidden, instructor.

Three colleges in Mississippi—Delta State Teachers, Millsaps and Jackson, continued for the third or more years, summer courses on Narcotics and Health; with teaching projects,

research and a study of conventional attitudes and sources of the problem under the leadership of Winnie Buckels, State Supervisor of Narcotics and Health Instruction, of the State Board of Education, and member of the Yale School of Alcohol Studies.

Two State Teachers Colleges of North Dakota, at Minot and at Valley City, continued well-established courses in "Narcotics Education," based upon the Syllabus of Alcohol Education by Bertha Rachel Palmer, and all other available source material, the instructor here—as in many other summer courses—having shared in the Alcohol Seminars at Evanston, Ill., held annually in recent years.

A course at Alderson-Broadbush College, West Va., similar in organization, the first in that state, created great interest with certain faculty members as well as students attending the class.

Florida Southern College, Lakeland, had two classes, both taught by Doris Purcell, a student of the Yale School of Alcohol Studies, and representative of the State Board of Education, Narcotics Department. One class gave attention to the "Social Phases of the Narcotics Problem"—chiefly alcohol, the other to "Narcotics Education." The former enrolled 28, the latter 6; each offered 3 hours credit.

At Alabama College, Montevallo, a 2-semester hour course covered the whole field of alcohol and narcotics education. Several scholarships provided by the State Board of Education, aided selected students who were preparing for educational service in the schools.

WHAT IS THE EXTENT of our obligation? It is measured by nothing less than our capacity—everything must be devoted to the service of humanity. The old Mosaic ten-per-cent rule was given for the hardness of men's hearts. We now live under a hundred per cent rule.

—RICHARD T. ELY, *Social Aspects of Christianity*, 77.

From Yale School to High School

By LAWRENCE E. VREDEVOE

ONE OF THE MAJOR problems which faces every individual in secondary school work is that concerned with the alcohol question. To play ostrich and say that we do not see any evidence of it in our school reveals our unwillingness to face the facts or lack of knowledge concerning the needs of youth.

The unwillingness to face the problem may be due to our lack of adequate information, desire to avoid controversial issues, or professional fatigue. Everyone is forced to recognize by the facts that the manufacture, distribution, and use of alcohol is one of the major problems of our society today. How, then, can those of us who are training the youth as part of that society, both today and tomorrow, ignore the problem? We must either face the issue offensively or defensively. The problem is affecting every boy and girl either directly, through the use of alcohol by the individual or members in his home, or indirectly, economically and socially through the different phases of the problem.

Recognizing this, it is important that those who are responsible for the instruction of youth avail themselves of the most reliable data and information dealing with the problem. The Yale School of Alcohol Studies provides the only source of unbiased, unprejudiced, scientific and laboratory tested materials and data available. It provides an opportunity for school teachers and administrators to obtain the most reliable materials and information available on all phases of alcohol revealed through research and the laboratory. The Yale School of Alcohol Studies and its materials should be the starting point for all those who wish to face this problem honestly.

Dr. Lawrence E. Vredevoe, Principal of Lakewood High School, Lakewood, (Cleveland), Ohio, was a member of the 1944 Yale Summer School of Alcohol Studies.

State Educators Lead

In Health and Alcohol Instruction

AN EDUCATIONAL approach of *dignity* to the instruction of youth in alcohol problems has been added in the past few years, as a result of the attention being given the subject by the State Boards of Education in at least five states where new programs, scientific in content, have been developed under or within State supervision.

In five states—Ohio, Florida, Mississippi, South Carolina, Idaho—Directors of Health and Narcotics, or supervisors with similar titles are in full-time service in the schools—chiefly, the public high schools. In three of these states, the program has been in operation for three or more years, in two it is new this past year.

In Ohio, Professor Howard E. Hamlin has been Supervisor of Health and Narcotics in the State Department of Education for six years. He speaks constantly in the schools, reaching thousands each week, confers with teachers and principals, and prepares and supervises state-wide programs for use by the teachers. His experience as Professor of Physiology at Ohio State University, and Simmons College, Boston, gives his modern approach through the broad field of healthful living, a sense of reality that appeals to both youth and teachers. His book, "Alcohol Talks to Youth," gives in clear, easily-understood language, the facts of the physiology laboratory as to alcohol. Prof. Hamlin was a member of the Yale School of Alcohol Studies, Summer of 1943.

As a guest speaker, invited to the schools of Minnesota, in three weeks in November, Professor Hamlin spoke in 70 schools in St. Paul, Minneapolis and Duluth, in 18 speaking days, making 106 talks and addressing 39,989 high school pupils.

In Mississippi, Miss Winnie M. Buckels is Director of Narcotics Education in the State Board of Education. Her program includes the gathering of material, preparation and supervision of plans, training of teachers and direct educational

activities in the schools of Mississippi. Each summer courses of instruction are held in the State Teachers and other colleges, and state-wide programs developed. Miss Buckels received special preparation by attendance at the Alcohol Education Seminars at Evanston, Ill., and Chautauqua, N. Y., and at the Yale School of Alcohol Studies, where she was a student in 1943 and a member of the lecture group and leader of educational seminars in 1944.

In Florida, Miss Dorothy Little, Consultant in Narcotics Education in the State Board of Education, has an assistant, Miss Doris Purcell, a member of the Yale School of Alcohol Studies, Summer of 1943. Under their lead, a strong program of education was conducted last year, including direct work in the schools, conferences of teachers, preparation of a state-wide program and of much material for teachers, and summer courses in four colleges and universities. Two important pamphlets, to develop teaching technique, material and interest, have been prepared and widely used: (1) *Suggestions for Teaching the Effects of Alcohol*, by Mr. John Permenter, first Consultant, now in military service, and (2) *Social Phases of the Narcotics Problem*, by Dorothy Little and Doris Purcell. Both are published by the State Board of Education.

In South Carolina, Professor A. M. Taylor, recently of Newberry College and for thirteen years a public school principal or superintendent, is Supervisor of scientific education on alcohol, with the State Department of Education. When at Newberry College he organized a class in the problem for college students. He is now speaking in high school forum style, and organizing the new state-wide program in the schools of South Carolina, beginning with conferences of teachers by grade levels. "This is a very live issue," he says, "the youngsters, once they get started asking questions cover the whole problem." Prof. Taylor was a member of 1944 Yale Summer School of Alcohol Studies.

In Idaho, Dr. H. R. Wallis is Director of Narcotics Education in the State Board of Education and chairman of a committee that has prepared a comprehensive bulletin outlining material and procedures for teachers in the various grades of the schools of the state.

Release from Tension: Alcoholic and Natural

E. M. JELLINEK

ALCOHOLISM is a component element in the cultural pattern of society, past and present. A great variety of circumstances — anxiety, fear, frustration, suppressed aggression—even in primitive society, generate tension; and ways must be found to reduce tension that life may be made tolerable. From this situation come two problems: 1. To eliminate conditions which create tensions; 2. To find release for tensions, including appropriate forms of release and control of the degree of release.

Easy Forms

The tendency of human beings is to find the easiest available means to release. Alcohol has to do with the reduction of the tensions. It is easily accessible, practically automatic, and it does not call for any intellectual participation on the part of the person seeking release. It brings about reduction of tension by its action in depressing the functions of the brain, releasing inhibitions. But it is this form of release from inhibitions that causes all the mischief.

Exploiting Release

In primitive societies there are fewer factors which bring tension than in cultural society. Individual alcoholism is practically unknown in primitive society. In complex society, tension is created by the competition and clash of social classes. Specialization adds to the occasions that create tension; individuals are subjected to different kinds of stresses and experiences. The need for release becomes greater. Intoxication comes to be exploited as a means of release, first, to en-

Condensed from an address on "Major Events of 1943-44 in Alcohol Research," by Dr. Jellinek, Director, at the Refresher Course, Yale School of Alcohol Studies, Aug., 1944.

able people to gain ease; second, to make money out of their pleasure drives. The supply of alcohol becomes organized; the substance is available, always and everywhere.

Desirable Forms of Release

The ethical standards of religion are a powerful factor in counteracting undesirable forms of release from tension. The most powerful, the most justifiable, the most noble and perfect release is that of religion. But it is one thing to find one's relation to one's Maker, to put trust in him, to follow his guidance, and to do one's own part; it is quite another thing to use religion as a crutch, to expect to have every action brought about without one's own contribution, to take refuge in formalism. That is not healthy religion.

Social sanctions, the automatic punishments of society, have an enormous effect on behavior. These sanctions are great factors in prevention. We analyze societies and their sanctions, past, present and practically future, because we are interested in making prevention more effective. Sometimes it is found that law, the foremost social sanction, will penalize more effectively than the unwritten social sanctions.

The sanctions of society, toward the restraint of alcohol, have been applied successfully by the Jews. In doing so, they have developed an enormous contempt for inebriety. Social sanctions were made to work among the ancient Greeks. And in the United States, where there are six alcoholic men to each alcoholic woman, although women are exposed to the very same tensions, anxieties and frustrations as are men. And even more so, in Norway and Sweden, where there is but one alcoholic woman to twenty-three alcoholic men.

Often people drink. ~~Deliberately~~ or unconsciously, to reduce tension. In many other cases, drinking is a social form, a symbol of pleasure, a means of celebration. In a complex society, where many tensions develop, there are neurotic or diseased personalities. It is but natural that they should take recourse to intoxication to a greater degree than others. They constitute probably about 40 per cent of the inebriate population; but the other 60 per cent of inebriates come to alcoholism from an entirely normal origin, in the course of their

(Continued on Page 90)

Conclusions from the Yale School

Of Alcohol Studies

By PHILIP O. DEEVER

IN SUMMARY form I want to state *five major conclusions* which I reached as a result of a month's exposure to the Yale School of Alcohol Studies this past summer. The School itself is completely objective and scientific. It does not take a stand either for or against those aspects of the problem that have moral implications. It leaves that to us. Nevertheless, what I observed and have concluded has its roots definitely in what we learned from the lectures of the school.

First, *the psychological and sociological aspects of the problem of alcohol are more important than its physiological facts.* It is true that if alcohol did not have the chemical properties it has, and if it did not produce the physiological effects it produces, there would be no problem. Nevertheless, it is what it does to souls and to society which are our major concern. All teaching of what happens to the *body* with alcohol in it is therefore to be subordinated to the teaching of what happens to the *driver* with alcohol in him; what happens to the *family* with alcohol in it; what happens to the *factory* with alcohol in it; what happens to the *nation* with alcohol in it. It is a highly significant fact that the Yale School, which is a section of the Department of Applied Physiology in the University, should say: Get beyond physiology as fast as you can. Just knowing these physical facts is not in itself enough.

Second, *about forty per cent of America's drinking is symptomatic.* That is to say, there is a deeper problem in people's lives than just their drinking. The fact that they drink is a symptom of a deep-seated disease within them. We will never

Rev. Philip O. Deever, a member of the 1944 Summer School of Alcohol Studies at Yale University, is pastor of the Fort McKinley United Brethren Church, Dayton, Ohio. His concluding impressions of the School as a minister are here condensed from *The Religious Telescope*, Dayton, O., Oct. 14, '44.

solve the problem until we get beneath the symptom and begin to deal with the disease.

One of our lecturers told the actual case of a woman who developed a literal paint in the neck. She lost a great deal of sleep at night as a result of this ailment until some one told her she could go to sleep if she drank a little beer. Beginning thus innocently, she became an alcoholic. Then in desperation she went to the doctor, who diagnosed her and treated her for arthritis. When the disease of arthritis was cured, the problem of drink was solved.

Some people drink because of a physical ailment; some, because of psychological maladjustments; some, because of social environment; and some because of spiritual difficulty. We cannot blame everything on alcohol. We must learn to look below the symptoms, find the disease, and treat that first. That done, the problem of drinking in these forty per cent of the cases will often solve itself.

Third, *about sixty per cent of America's drinking is social*. That is, men drink because it is being done; they drink to impress their boss and to keep their job; they drink because society sanctions drinking. It is therefore apparent that social controls must underlie legal controls if we are to deal successfully with this problem. Legal control is important where social sanctions are weak. The immediate task of the church is to try to establish these social controls.

One hint toward a solution is to be found in the fact that whereas in England there is one woman alcoholic to two men, in America there is one in six, and in Sweden, one in twenty-two. There is not that much difference between the women in these respective countries. Apparently the social sanctions against women drinking are weak in England, moderate in our country, and strong in Sweden. It is social control that makes the difference. If this is true among women, it is also true among men. We must teach America that drunkenness is not funny, as many people seem to think it is. When we come to look upon inebriety as the pitiable, tragic, desperate, soul-destroying thing it is, we shall have taken one long step toward ultimate effective control of alcohol and abolishment of the liquor traffic.

THE ETHICAL STANDARDS of religion are a powerful factor in counteracting undesirable forms of release from tension. The most powerful, the most justifiable, the most noble and perfect form of release is that of religion. But it is one thing to find one's relation to one's Maker, to put trust in Him, to follow His guidance, and to do one's part; it is quite another thing to use religion as a crutch, to have every action brought about without one's own contribution, to take refuge in formalism. That is not healthy religion.

—E. M. JELLINEK, D.Sc.

"A Composite Picture of the Alcohol Problem."

Fourth, *alcohol and marriage are incompatible*. A lecturer in sociology made that statement, not upon the basis of moral indignation but as the result of scientific study of cases. He showed that among men who drink excessively there is much less likelihood of marriage than among those who do not; and that marriages mingled with alcohol are less likely to last than those that are free from it. Let our young people hear the word of a scientist: marriage and alcohol are incompatible.

Fifth, *the real problem is not alcohol at all: the real problem is life*. I went to the Yale School wondering how it would be possible to spend four weeks on alcohol, fearing that it would be a narrowing, confining experience. The longer I stayed, however, the more I came to see that what we were really doing was studying the problem of life. We were looking at life through the key-hole of alcohol. What we were really concerned with was the purpose of life, the nature and destiny of man.

Well, if life is the problem, then Christianity is the answer—then Christ is the answer. "I am the way, and the truth, and the life." Who can tell how many of us have been effectively saved from the evil consequences of alcoholism because of what Christ has done for us? Wherever the church proclaims the gospel she is offering the best solution to the problem of alcohol.

Seventeen Steps Back to Self-Respect

By FRED D. L. SQUIRES

MODEST in bearing, slight in stature, radiating a quiet but dynamic personality, Edward McGoldrick has been achieving almost a human miracle in the heart of New York City's most unpropitious atmosphere, in the center of which is located the Municipal Lodging House. In the past this has been a last stage on the way to oblivion for the misfits and derelicts whom drink and associated evils have shoved into the discard.

But here in May, 1943, through the sympathetic coöperation of Mayor LaGuardia, Edward McGoldrick, son of a former Justice of the State Supreme Court, himself, for a large part of his life, a seemingly hopeless alcoholic, opened a service of counsel, friendship, and guidance for such as came to him for help.

Since that time with the aid of one young man and a secretary, Mr. McGoldrick, as director of the Bureau of Alcoholic Therapy under the Department of Welfare, has devoted himself so completely to the work of constructive aid, that at least 150 victims of alcohol and their own weaknesses have been brought back to decency, abstinence, and a normal constructive life in society.

His patients include doctors, lawyers, engineers, actors, artists, clergymen, chauffeurs, mechanics, real estate operators, hospital workers, and a bartender. They must come to him voluntarily and must show sincerity in their desire to be helped. They drop in at all hours far into the evening, he said, whenever they can get away from their offices or jobs.

Mr. McGoldrick's procedure is based largely on a "mental diet" which cannot be administered indiscriminately, "as one would administer a handful of pills," but must be applied

Condensed from an interview with Edward McGoldrick by Mr. Squires in July, 1944. *The Union Signal*, Aug. 24, '44.

through individual contact and guarded by continuous supervision over a period of time. There are conferences with patients from fifteen minutes to an hour, three or four times a week. The appropriate idea is discussed, sometimes bluntly, sometimes indirectly.

Effective Suggestions

The suggestions which appear to have worked most effectively with inebriates, as reported by the New York *Herald-Tribune*, are as follows:

"1. I know I must abstain from alcohol, not merely for the sake of others, but first and foremost for my own self-esteem. The solution of the problem rests primarily with me.

"2. I refuse to amuse others with my drinking escapades of the past. My abnormal drinking was pathetic, not funny. I know that fundamentally frustration was the cause of my abnormal drinking. I realize that I was seeking to escape from the belief in my inability to express myself as I desired.

"3. If I pray for help, I can't expect God to throw a miracle. He cannot do for me what can only be done through me. Persistent effort must be made. God will provide the food—He won't cook the dinner.

"4. An alcoholic is made, not born. Heredity, therefore, is not the cause of my drinking. Such an excuse is an age-old dodge to avoid the reality of seeing myself as I really am.

"5. I know my drinking past has no power over me other than my present feelings about the past.

"6. Regret and despair over yesterday's drinking only will make today a torment, and since tomorrow grows out of today, it will bear the image of today. I will avoid such manner of thinking, as it is only living in a rut.

"7. I know there is danger in being cocky over short-lived sobriety. A sense of exhilaration as well as one of depression is equally a good excuse for taking a drink.

"8. I do not need alcohol. Others can do without it. Any person of average intelligence who is sincere, and honestly exerts an effort over a reasonable length of time, can lead a life without alcohol.

9. "I know from my own personal experience that drinking

never solved a problem for me. As a matter of fact, it only made matters worse.

"10. I realize that I must be absolutely sincere in my effort to overcome the habit of drinking, otherwise no one can help me.

"11. I know that I have put a lot of effort and time into becoming an alcoholic. I know that were I to exert a similar effort and concentrate on doing so, I could successfully achieve that which I want to do, to be, or to have.

"12. I know that I cannot do everything I wish to do in twenty-four hours, but staying sober and working diligently, all things can be handled in due course.

"13. I realize that staying sober is of paramount importance in my life, and that one drink of any form of alcohol, including wine or beer, is sufficient to start me on a spree.

"14. I know that in abstaining from liquor I am not doing something big for society, but only doing that which I properly should do.

"15. I realize that I must not neglect my physical health.

"16. I know that my normal drinking has retarded maturity. I therefore realize that what I need is a change of thought, and that a change of thought is only a normal reception of values which were distorted during my drinking career.

"17. I realize that it is necessary to abstain from alcohol, but my ultimate goal is to attain peace of mind in an active, industrious, and constructive life."

Mr. McGoldrick says that he has been in continuous touch with the entire group of 150 who have taken the treatments under his direction and that there have been but a few lapses for a day or two among the lot. The patients range in age from twenty-four to sixty-three, and their addiction runs from ten to forty years. Those of average intelligence are most responsive to the treatment.

THE SCIENTIFIC and educational approach is the only practical program under present conditions. The vast amount of direct—and indirect—propaganda for the use of liquor makes that side of the question important.—*CECIL C. NORTH*, Sociology, Ohio State University.

Man's capacity for justice makes democracy possible; but man's capacity for injustice makes democracy necessary.—*REINHOLD NIEBUHR*.

They Do Good Anonymously

By JOHNNY JONES

POST OFFICE boxes 1382 and 833 have had a most busy year. These two post office boxes have marked the first step many a drunkard has taken to become a teetotaler. This is the way you contact Alcoholics Anonymous, the organization whose members banded together to aid each other to beat demon rum.

They are not interested in the man or woman who can take a drink or let it alone, nor in those who drink moderately. It is the man whose body liquor has poisoned and who has a craving and wants to quit but does not know how.

Alcoholics Anonymous is three years old in Columbus. It was on November 3, three years ago, that four men started a branch of the organization here. A woman, whose name cannot be mentioned, boiled numerous cups of coffee for the men at that first meeting. Alcoholics Anonymous has branches in every state and has been spreading throughout the world. There are 300 members in the four groups here. Fifteen women are members. Rev. Floyd Faust has been a great worker for Alcoholic Anonymous and other clergymen of all faiths have helped, too. The first meetings were held in the Y.M. C.A. Cleveland has a big membership. Dayton has five groups. There are 358 groups in the nation.

Sunday the Central Ohio groups of Alcoholics Anonymous held a meeting in the Deshler Wallick hotel. They do not exploit these meetings. Dr. Bob Smith, one of the co-founders with Bob Wilson, a broker, came to speak to the group. He told them of the twelve steps and how to keep going. In this program are mixed medicine, psychiatry and just old-fash-

From *The Columbus Evening Dispatch*, November 14, 1944. Reprinted by special permission.

ioned fellowship and common sense. If a member feels the craving for liquor, other members help him to conquer it by entertaining him or talking with him until it wears off.

Sunday night the members met at a banquet. It was probably the strangest ever held in the Deshler. You could class it as a Quaker meeting. There was no speaker's table. It was simply a gathering of folks who had a mutual desire to aid another. There were AA's, as they call themselves, from all over Central Ohio.

The menu included turkey and all the trimmings. Men who only a few months ago could not eat food devoured the turkey. Provision was made to serve plenty of coffee.

I noticed one man who drank five cups and at our table there was a third round. It seems these folks go for coffee and candy.

Most of the conversation developed around their experiences.

At our table was the man who heads the AA hospital in our city. It, too, must be anonymous. Here the men who come in sick or have been sponsored by some other AA submit to a tapering-off process. Here men go up and play cards with each other and talk and work with the new members. In the last few months 345 men have been there. About 25 per cent back-slide, but they try again. It takes five days to get a drinker in shape. The man who runs this place once was a terrible drinker himself and he knows his business. The cost is \$50 for five days, but if the drinker does not have the money the sponsors get together and supply it if the fellow seems sincere.

No one makes money out of the AA set-up.

There were enough human-interest stories in the members at this dinner to fill a book. A very lovely woman came over and placed an extra dish of ice cream at one man's plate. This woman had been drunk for 28 days and had emptied 62 bottles of whisky. She has been off the liquor for three years now. Someone pointed out a man of about 55 whose daughters three months ago refused to speak to him. This night they were dining together as a happy family.

Most of these people were 45 to 50 years of age. There were judges, doctors, lawyers, mechanics and railroaders

(Continued on Page 90)

Why I Do Not Drink

By JOY ELMER MORGAN

LIKE OTHER people who are abstainers, I refrain from the use of alcoholic beverages for a number of reasons, all of which have their roots in personal experience and in my reflections on these experiences. We always justify our conduct, however good or bad, when it deviates from that of people with whom we associate. In these days when people move about in ever-widening circles which tend to cover the whole earth, we face association with people whose habits, manners and customs are different from ours. Our ability to survive and to grow will depend upon our ability to hold to that which is good.

First, I am a total abstainer because my grandparents, who took charge of me in infancy when my mother died, were people of high integrity who would not have liquor in the house or employ anyone on the farm who used liquor. They missed no opportunity to point out its effect on the lives of people whom we knew in the community.

Second, I am an abstainer because my early teachers in the one-roomed country school took seriously their responsibility to teach the harmful effects of alcohol upon the human body and upon success in life.

Third, I am an abstainer because I lived as a boy in a small community where we knew everyone and could see firsthand what drinking did to people. We saw about us poverty, violence, family brutality, neglect, and desertion because men drank. A neighbor who lived some distance beyond us bought a team of horses from my grandfather. This man, who had a wife and several children, would go to town on Saturday nights and often get drunk. The saloonkeeper would have him car-

Dr. Joy Elmer Morgan is Editor of *The Journal of the National Education Association*, Washington, D. C. This article is condensed from "Why I am a Total Abstainer," in the *Baptist Training Union Magazine*, Nashville, Tenn., Nov., '44; used by permission.

ried out and put into his wagon and would start the team of horses down the road toward his home. When they came to our place they would turn into the yard. If my grandfather happened to be awake he would start them on down the road. If not, we would find the man there in the morning sleeping, often half frozen.

Fourth, I am an abstainer because I went to normal school to prepare for teaching. The normal schools had been founded by Horace Mann, one of the most ardent advocates of abstinence this country has ever known. He believed that men should live according to the laws of God and nature. He had deep religious convictions about the use of liquor and tobacco which he passed on to his followers. The normal schools reflected these convictions in both their students and faculties; teachers' colleges which took their place still reflect that sentiment to a marked degree. Illinois Normal University prints in its catalogue a notice, which I believe should be in every college catalogue, to the effect that students who use liquor will not be continued in college. I know that rule is enforced because, some years ago when I delivered the commencement address there, a member of the board told me of a group of seniors who had been expelled shortly before graduation because of a drinking party in which they had been involved. Harsh, you say! Not half so harsh as allowing these young people to go on and ruin their own lives and the lives of the young people they would teach because they had failed to acquire a civilized sense of values.

The universities, particularly those located in the larger cities, have not been so careful to establish abstinence in the lives of their students. So the weakening of the teaching of the effects of alcohol in the schools began as an increasing number of teachers came to take their preparation in universities rather than normal school or teachers' college. Members of university faculties commonly confuse liberalism in political, social, and economic thought with license in personal conduct.

Fifth, I am an abstainer because I have seen the devastating effects of liquor on the lives of many able men whom I have known personally. I could name a dozen noted univer-

sity professors who have been handicapped all their lives by the drink habit. I could tell the story of a fine college president who had been an abstainer all his life up to the time he came to Washington as a congressman. Here he was so debauched by liquor in a few years that the people in his district learned of it and failed to return him; after which he drank himself to death.

Sixth, I have seen the degrading effect of so-called social drinking as used in state and national capitals to gain control over men elected to represent the people in legislatures and in Congress. During one session of the Nebraska Legislature in my young manhood, the corporation and liquor crowds from Omaha came to Lincoln and took over one whole floor of the Capital Hotel, stocking it generously with liquor of all kinds. Every legislator who would accept it was given a key which he could use to admit himself and his friends to free liquor. Needless to say, when the interests of the people and the corporations were in conflict, these men did not support the people. One can see the same thing here in Washington; it is to their eternal credit that so many congressmen resist the temptation to take the "easy" way into "society" for themselves and their families. One sees the same thing playing its part in war contracts.

Seventh, I am a total abstainer because I know our country and the world are entering the most difficult period in human history—a period when the stakes for civilization or chaos are the highest they have ever been; a period when we can drift into the utmost brutality and confusion or move forward into the most glorious period the human race has ever known. Whether we shall do the one or the other will depend upon the integrity and self-discipline of our people. We cannot work out the problems that face us with minds befuddled and lives wrecked by drink.

THE "MODERN APPROACH" PAMPHLET is the best thing that has appeared—a concise but all-inclusive analysis of and program for meeting the problem. Education, in the long run, must be the solution; the herd instinct with its implications and ramifications, will always be the worst obstacle—the traffic itself a close second.—DR. MARY ROSS POTTER, Former Dean of Women, Northwestern University.

The Cult of Alcoholic Culture

Modern Saloons

ONE NEEDS only a casual glance into the dim, noisy, crowded saloons that have sprung up thickly in American towns and cities to realize what havoc war has played with moral fiber, with social decorum.

The pre-prohibition saloon was exclusively a masculine center. It had developed and enforced certain standards of conduct. With infrequent exceptions, it was operated in a seemingly and quiet fashion.

But the modern version is something else entirely. The majority of customers are women, many of whom are unescorted. The talk is excessively free and shockingly prurient. Young girls who should be in school and young married women who should be at home accept too many drinks from utter strangers. Every decent restraint and convention is either relaxed or hooted down.

The result is obvious. Criminal news and police blotters are heavily loaded with the accounts of shameful brawls, indecent embroilments, jealous revenge and — worst of all — the now routine cases of abandoned children, broken homes, and juvenile outrages.—*Chicago Herald-American*, Sept. 18, '44.



Reasoning Ability

The hidden danger of drinking lies in the small quantity of alcohol in the blood which is needed to lessen reasoning power and impair efficiency in performing muscular acts, the doctor-toxicologist believes. The normal person has only .005 per cent of alcohol in the body. When that percentage doubles, or goes up to .010 per cent, the individual is not up par mentally or physically. Some states have a law which classifies as a "drunken driver" any motorist whose blood contains 0.15 per cent or more of alcohol.—WILLIAM D. McNALLY, M.D., Toxicologist, Cook County, Chicago, Ill.

Curves of Alcoholic Deaths

Increased consumption of alcoholic beverages always causes a rise in the number of murders. The curves of alcoholic deaths and the number of murders have been parallel ever since crime statistics have been kept, for alcoholism promotes all kinds of crime and is most noticeable in its effect upon the number of felonies.

When, during prohibition, the number of deaths due to alcoholism in Cook County, Illinois, was down to forty-one per 1,000 the number of murders showed a corresponding drop. From this one can perceive what a prominent, as well as destructive, role alcohol plays in American life.—WILLIAM D. McNALLY, Coroner's Toxicologist, Chicago, Ill.



Types of Alcoholics

Heavy drinking, as such, does not constitute alcoholism. True alcoholism sets in when alcohol is craved as a drug. Then the victim of a hangover needs more alcohol as a remedy for the wretched condition in which he finds himself.

But heavy drinking is a highway to chronic alcoholism.

Four types of alcoholics are:

The man who is socially ill-at-ease until he has had a couple of drinks.

The spree drinker who just can't stop after he has had one glass.

The individual afflicted with a mental disorder of which alcoholism is only one symptom.

The aimless drifter, the hobo and the bum, who drift into alcoholism as the least active of the pleasures of life and who finally lives only to drink.—ABRAHAM MYERSON, M.D., at Cleveland meeting of the American Association for the Advancement of Science, Sept. 15, '44.



War and Cocktails

The "blabbing" major general who was demoted to lieutenant colonel and sent home from England turns out to be Gen.

———, a West Point classmate of Gen. Eisenhower. At a London cocktail party he talked loosely about D-Day, when thousands of lives and possibly the success of the invasion depended upon secrecy. There was only one thing to do. The Supreme Commander did it, regardless of past relations with the offender.—*Detroit Free Press*.

THEY DO GOOD ANONYMOUSLY

(Continued from Page 84)

among them. It was the women who made one happy. You could see that proud look in their eyes. They were happy that their homes were being mended and life was worth living again.

Faith in one's self seems to be the key of Alcoholics Anonymous. This brings a religious tone to these gatherings. There were no audible prayers, but no doubt many a silent one went up this Sunday night. In the group who have been helping were clergy of every faith who like to remain anonymous, too.

Yes, post office boxes 1382 and 833 have been doing a big job of keeping the letters written to the organization. If you are a man or woman who wishes to get off the booze and be helped, use a three-cent stamp and get in with the right group.

Any hour of the night, any hour of the day, a member of AA will help you. Alcoholics Anonymous is rolling along as good things do, gathering momentum all over the world. Nobody can measure the good it accomplishes.

RELEASE FROM TENSIONS

(Continued from Page 76)

drinking. They are not seeking release. They are conforming to certain social habits, the habits of their set.

In the drinking of youth, while youth have tensions of their own, such as that have to do with their future, other values are involved. These come with the cultural pattern of their elders; and they seek to conform to that pattern. Imitation is a very great factor in the development of youth.

A Working Bibliography

on the

Beverage Alcohol Problem of Today

SCIENTIFIC; HEALTH; THE PROBLEM IN GENERAL

Abridged Lectures of the First (1943) Summer Course on Alcohol Studies at Yale University. Published in condensed, popular form for educational purposes, November, 1944. The very latest scientific information on the alcohol problem. 110 pages; 50 cents; 100 copies, \$35.00. Alcohol Education Associates, Distributors, Box 111, West Hartford 7, Conn.

Popular Digest of the *Quarterly Journal of Studies on Alcohol*; 25 cents per copy; Alcohol Education Associates, Box 111, West Hartford 7, Conn.

The Advancing Front of Medicine, by GEORGE W. GRAY, M.D. Chapter V, "Drink," is a concise, non-technical and up-to-date summary of the established scientific information as to beverage alcohol and its effects in human life. 1941. Whittlesey House, New York and London.

Alcohol and Man, HAVEN EMERSON, M.D., Editor. A comprehensive and substantial survey of scientific information on the physiological, psychological, health, chemical and all related phases of the alcohol problem by sixteen leading scientific experts in their special fields. 450 pages; 1939, \$3.50. Macmillan Co., New York, N. Y.

Alcohol Explored, by HOWARD W. HAGGARD, M.D., and E. M. JELLINEK, Sc.D., is an all-over survey of scientific information on the alcohol problem of today, including, especially an exploration of recent and earlier findings as to "why some men become excessive drinkers and why some excessive drinkers become addicts." Representative chapters include: "The Alcohol Problem Defined," "What the World Drinks, and How Much," "What Happens to Alcohol in the Body," "Alcohol and Behavior." Dr. Haggard is Director of Applied Physiology at Yale University. 297 pages; 1942; \$2.75. Doubleday Doran & Co., Garden City, N. Y.

Effects of Alcohol on the Individual, by E. M. JELLINEK, Sc.D. Edited on behalf of the Scientific Committee of the Research Council on Problems of Alcohol. A highly scientific digest of a vast number of volumes and articles on alcoholism; alcohol addiction and its treatment; alcoholic mental disorders; vitamin deficiencies in alcoholism; scientific tables and much bibliography. 1942; 366 pages, \$4.00. *Quarterly Journal of Studies on Alcohol*, 4 Hill House Ave., New Haven, Conn.

Alcoholics Anonymous, the story of how 6,000 men and women have recovered from alcoholism; a study of chronic addiction with case histories of those who have conquered the habit. 1942, 400 pages, \$3.50. Works Publishing Co., Box 1658, Church St Annex P. O., New York, N. Y.

Alcohol and Human Efficiency, by WALTER R. MILES, Ph.D. A noted book of research, with detailed report of extensive experimentation with moderate quantities and dilute solutions of alcohol. Written in 1924, it is of highest permanent value. \$3.00; The Carnegie Institution, Washington, D. C.

Effects of Alcoholic Drinks, by EMMA L. TRANSEAU, Research Secretary. Widely compiled information, strictly scientific, as to the nature of liquors; bodily disposal of alcohol; effects on the nervous system; neuro-muscular coördination; alcoholism; normal resistance to health dangers; social burden of alcohol. A systematic survey in non-technical language. Board, \$1.50, paper, \$1.25. Scientific Temperance Federation, 12 N. Third St., Columbus, Ohio.

Alcohol and Human Life, by COURTENAY C. WEEKS, M.R.C.S., L.R.C.P. A thorough, comprehensive book by one of the most noted scientific educators, with exceptional experience as army surgeon, to be found in Great Britain. The "use of alcohol in medical treatment," "as a food," and its effects on "the nervous system," and the body, "the child and racial poison," are among the topics carefully treated. 1929; 200 pages; H. K. Lewis and Co., Ltd., London.

PSYCHOLOGICAL APPROACH

The Psychology of Drunkenness, by ALBION ROY KING, Ph.D. This very recent, enlarged and up-to-the-moment edition of Dr. King's popular presentation of the new basic psychological facts on intoxication and its influence on personality is not only clear and specific; it is scientifically sound and of practical usefulness. 1943; 64 pages. Cloth \$1.00; paper, \$.50. Dean Albion Roy King, Cornell College, Mt. Vernon, Iowa.

"The Psychological Effects of Alcohol," by WALTER R. MILES, pages 224-272, and "Alcohol as a Psychiatric Problem," by ADOLF MEYER, pages 224-272, of *Alcohol and Man* by HAVEN EMERSON, M.D. \$3.00, Macmillan Co., N. Y.

What Price Alcohol? by ROBERT S. CARROLL, M.D. Preface by Adolf Meyer. A survey of the psychological and physiological understanding of the alcohol problem from the viewpoint of a highly experienced psychiatrist; reorients the causes and treatment of alcoholism. 1941. 362 pages, \$3.00. Macmillan, N. Y.

Alcohol: One Man's Meat, by EDWARD A. STRECKER, M.D., Sc.D., University of Pennsylvania psychologist, and FRANCIS T. CHAMBERS, Jr. The section, "The Psychology of Alcoholism," contains chapters on "Alcohol, the Camouflaged Narcotic," the "Identification of the Alcoholic," "Suggested Physiological Mechanisms in Abnormal Drinking," "The Alcohol Saturated Personality," "Alcohol and Sex," and the "Alcoholic Breakdown." 1939. 230 pages, \$2.50. Macmillan Co.

To Drink or Not to Drink, by CHARLES H. DURFEE, Ph.D. A discussion of the cause and cure of "problem drinkers," of "the man or woman whose drinking is a matter not of choice but of inner necessity."

Three sections outline the scope of the book: "Understanding the Drinker," "Helping the Drinker," "Drinking as a Social Problem." Dr. Durfee writes from experience in treating "problem drinkers." 212 pages; 1937; \$2.00. Longmans, Green and Co., New York.

Alcohol: Its Effects on Mind and Efficiency; from a Report of the Alcohol Investigation Committee of the British Medical Research Council; the "Mental Effects of Alcohol" and "Alcohol and the Performance of Muscular Acts and the Simple Mental Processes"; a 54-page pamphlet; 20 cents. Scientific Temperance Federation, 12 N. Third St., Columbus, O.

EDUCATIONAL; TEACHING AIDS

The Alcohol Problem Visualized, by the Editorial Committee of the National Forum. "Visualized" is its distinctive characteristic—vivid, dramatic, highly illustrated, yet scientific, objective, factual. The important facts, findings, and figures of specialists. 1940; 96 pages; 75 cents. The National Forum, 417 S. Dearborn St., Chicago, Ill.

Alcohol Talks to Youth, by HOWARD E. HAMLIN; 1944 edition, revised; largely rewritten. "Alcohol," speaking frankly to "Youth," from the Laboratory of Physiology, gives freely the scientific facts about himself and the influence he has on mental, emotional, physical and social living. Here in the Laboratory he tells the truth—and nothing but the scientific truth—such as young people want to enable them to decide their own attitude and conduct. Professor Hamlin is Supervisor of Health and Narcotics Education, Ohio State Board of Education, former Professor of Physiology, Ohio State University. 32 pages; 25 cents; Howard E. Hamlin, State Board of Education, Columbus, O.

Social Phase of the Narcotic Problem, by DOROTHY LITTLE and DORIS PURCELL, 1944. A bulletin to aid Teachers; courses of instruction outlined: I. Social Phase of the Problem; II. Workshop in Narcotic Education; III. A Three-weeks Course. Course description, plan of work, bibliography, projects under each division. 100 pages; 35 cents; Florida State Board of Education, Tallahassee, Fla.

Suggestions for Instruction Concerning Narcotics and Stimulants, H. R. WALLIS, Chr., Bulletin 8--2; 1944; Department of Public Instruction, Boise, Ida.

What About Alcohol? by EMIL BOGEN, M.D., and L. W. S. HISEY. An attractive volume giving in 17 brief chapters the latest scientific information adapted to high school levels; useful to teachers and students. 1939, 94 pages, \$1.50. Angelus Press, 1240 S. Main St., Los Angeles, Calif.

Alcohol; Its Effects on Man, by HAVEN EMERSON; authoritative, concise; 1934, \$1.00; D. Appleton-Century Co., New York.

A Syllabus in Alcohol Education, by BERTHA RACHEL PALMER. A compact digest of scientific information. Sixth edition. Completely revised, 1941; 25 cents. National W. C. T. U. Publishing House, Evanston, Ill.

Suggestions for Teaching the Effects of Alcohol and Other Narcotics, JOHN A. PERMENTER, Bulletin No. 22-k, 25 cents, Florida State Department of Education, Tallahassee.

Straight Thinking on Narcotics, by JOHN C. ALMACK, Ph.D., Professor of Education, Stanford University. 1940, 178 pages, \$1.25; Pacific Press Assn., Mountain View, Calif.

Alcohol the Destroyer, by C. AUBREY HEARN, LL.B. A wide examination of the unfortunate consequences of alcoholic liquors in daily living, organized as a study book for youth of high school age in attendance at church schools. It brings out "the Nature of Alcohol," as it injures "Health," "Mind and Personality," "Moral and Spiritual Values," and "Society" and encourages youth to face the question, "To Drink or Not to Drink?" 162 pages; 1944 revised edition. Cloth 60 cents, paper 40 cents. The Broadman Press, Nashville 3, Tenn.

Alcohol: Its Physiological and Psychological Effects and Their Social Consequences, by MARY LEWIS REED, R.N. The important scientific findings of recent investigations condensed into a fifty-six page booklet; clear, factual material and its social meaning. 1942; 15 cents; Mary Lewis Reed, Room 902, 468 Fourth Ave., New York, N. Y.

SOCIOLOGICAL; CULTURE, CUSTOMS, TRADITION

"Drinking Mores of the Social Classes," JOHN DOLLARD, Ph.D., Professor of Social Anthropology, Yale University, and—

"An Anthropological View of the Alcohol Problem," DONALD HORTON, Ph.D., Research Assistant, Anthropology, Yale University; chapters in the *Abridged Lectures of the First (1943) Summer Course on Alcohol Studies* at Yale University; 110 pages; 50 cents. *Quart. Jour. of Studies on Alcohol*, 4 Hillhouse Ave., New Haven, Conn.

John Barleycorn, JACK LONDON; a personal experience of the working out of community traditions and drink practices in the lives of growing youth; their continuing pressure, from truck garden to wealthy artistic culture. (1913.) The Century Co., N. Y.

Good Night, Sweet Prince: the Life of John Barrymore, GENE FOWLER. An incidental—but realistic—view of working of alcoholic assumptions and traditions in modern influential culture; results in the lives of men of unusual talent.

Mass Observation: Report of Juvenile Drinking, a social survey by MASS OBSERVATION, London, Eng. An objective, factual study of how, when and why young people consume alcoholic drinks; scientifically selected areas of London and other English communities; special reference to war-time conditions. A valuable sociological study. *The Livesey-Clegg Youth Club*, 44 Union St., Sheffield 1, England. 1 shilling.

Alcoholics Anonymous (see under Scientific above).

How Alcohol Affects Psychological Behavior, LAY PAMPHLET No. 10.
10 cents; Alcohol Education Associates, Box 111, West Hartford 7,
Conn.

New Understanding Monographs by HARRY S. WARNER:

"The Modern Approach to the Problem of Alcohol."

"Does Alcohol Aid Creative Ability "

"Alcoholic Pleasure; What Is It?"

"Alcoholic Expression and Personality."

"The Cult of Illusion."

"Alcoholic Release and Public Disorder."

"Slump and Resurgence in Liquor Culture."

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bus 15, Ohio.

What They Are Saying - - -

LET ME COMMEND the Intercollegiate Association for initiating what appears to me to be the first comprehensive and intelligent approach to the difficult, but pressing, problem of temperance education. For years I have been critical of the conventional methods. In a generation as critical, as sophisticated, as propaganda-wise as ours, nothing less than such a comprehensive approach contains significant promise of progress.—R. V. BOLLINGER, Dean of Students, Ashland College, O.

YOU ARE REACHING greater heights all the time in your analysis and treatment of the alcohol problem.—HOWARD E. HAMLIN, Ohio State Board of Education.

IN AN ANALYSIS of wet and dry propaganda, I have found that the material which bears your signature is the most effectual, sustained, persuasive influence of any on the dry side.—DWIGHT ANDERSON, Public Relations, Medical Society of N. Y.; lecturer, Yale School of Alcohol Studies, '43 and '44.

I AM INTENSELY INTERESTED in everything you put out. With the exception of Dr. Jellinek, I know of no one in the country who has a wider background of general knowledge on the subject, and your ability to express this knowledge so that laymen can understand, is a blessed talent—GEORGE LA MOTTE, Scientific Alcoholic Therapy; Chicago leader of Alcoholics Anonymous.

YOU HAVE the scientific approach and, in addition, the HEART interest, which is invaluable.—CLYDE C. COULTER, Little Rock, Ark.

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SUMMER COURSE OF 1943, CONDENSED

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- An Anthropological View of the Alcohol Problem, DONALD HORTON, Ph.D., Anthropology, Yale University.
- Drinking Mores of the Social Classes, JOHN DOLLARD, Ph.D., Professor, Social Anthropology, Yale University.
- The Physiology of Alcohol, HOWARD W. HAGGARD, M.D., Director, Laboratory of Applied Physiology, Yale University.
- Significance and Determination of Alcohol Concentration in the Body Fluids and Tissues, LEON A. GREENBERG, Assistant Professor, Yale University.
- The Nutritional Aspects of Alcohol, NORMAN JOLLIFFE, M.D., Associate Professor of Medicine, New York University.
- Alcohol as a Factor in Traffic Accidents, DONALD S. BERRY, Ph.D., Director, Traffic and Transportation, National Safety Council.
- Legal Problems Relating to Alcohol and Accidents, DR. BERRY.
- Statistics of Alcoholic Mental Diseases, BENJAMIN MALZBERG, PH.D., New York State Department of Mental Hygiene.
- The Heredity of the Alcoholic, DR. JELLINEK.
- Youth, Alcohol and Delinquency, REV FRANCIS W. McPEEK, Director of Social Welfare, Washington Federation of Churches.
- Alcohol and Public Opinion, DWIGHT ANDERSON, LL.B., Director, Public Relations, Medical Society of the State of New York.
- Treatment of Alcohol Addiction, HARRY M. TIEBOUT, M.D., Physician-in-Charge, Blythewood Sanitarium.
- Contributions of Lay Therapists to the Treatment of Alcoholism, MR. ANDERSON.
- The Ministers' Relation to the Alcoholic, REV. OTIS R. RICE, Religious Director, St. Luke's Hospital, New York.
- The Educational Approach to the Alcohol Problem, HAVEN EMERSON, M.D., Professor Emeritus, Public Health, College of Physicians and Surgeons, Columbia University.
- State Laws on the Control of the Alcohol Beverage Trade, GRANT NICKERSON, LL.B., Attorney at Law, New Haven, Conn.

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FOR SALE BY

THE INTERCOLLEGIATE ASSOCIATION
12 N. Third St., Room 408
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FEBRUARY
1945

THE
INTERNATIONAL

STUDENT

OF LIQUOR IN LIFE TODAY



In This Number - -

Ohio Conference on Alcohol
Features Yale Specialists

The Alcohol Problem

Influence of Social Pattern

The Alcoholic: A Study

Democracy
is something
deeper than
liberty; it is
responsibility"

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THE INTERNATIONAL STUDENT

FEBRUARY, 1945

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HARRY S. WARNER, *Editor*

Program for 1945

SEEL THE TRUTH fearlessly wherever it may be found; follow where it leads.

Promote study, discussion and instruction on the Beverage Alcohol Problem of Today, especially in colleges and high schools.

Cooperate with and encourage faculty members, student leaders and workers among students *in taking leadership* in a new educational movement on these problems in the community and the nation.

Examine—and evaluate—the conventional thinking, assumptions and social customs that give support to alcoholic culture and alcoholism.

Give attention to the social and national welfare aspects of the problem of alcohol, to the *concern that sees beyond self and group* to the health and safety of society.

Aid in the creating of an educational leadership toward solution of the problem in America and the world.

Specifically: Make easily accessible, through THE INTERNATIONAL STUDENT and pamphlet publications, the latest and best information to accomplish these purposes.

THE INTERNATIONAL STUDENT, organ of THE INTERCOLLEGIATE ASSOCIATION FOR STUDY OF THE ALCOHOL PROBLEM, is issued six times a year, in October, November, January, February, April, and May.

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Ohio Conference on Alcohol

Features Yale Specialists

UNDER THE LEADERSHIP of experts a new *attitude of approach*, or way of developing interest in educational activities on beverage alcohol problems, was tested — and found effective — as an outcome of the FORUM-CONFERENCE of university, college, high school, and state and church school educators at Ohio State University, January 24, 1945.

The conference featured experts from the Yale University School of Alcohol Studies—Dr. E. M. Jellinek, Director, and Dr. Selden D. Bacon, Sociologist—in coöperation with leading State Board of Education, Ohio State University, other Central Ohio college and high school faculty members and experts. It was sponsored by four departments of the university, Sociology, Social Administration, Education, and the College of Medicine; the State Board of Education and the University Religious Council. Probably at no time in this country has an educational approach to the alcohol problem been more highly sponsored, or attended by men and women of higher average standing and range of educational interest in it.

Seeking a "Modern Educational Approach" to alcohol in every-day life, including a better understanding of the inebriated drinker, his situation and needs, the conference made it clear that, to be effective today, such a program will be based on scientific knowledge, a sympathetic attitude, a constant seeking for new knowledge, and will be sincerely educational in content and related to many other life-interests.

It demonstrated, first, that such a program is possible—that even this controverted question can be treated objectively, scientifically yet frankly without ignoring its hard realities. It brought out a procedure that caught the interest and coöpera-

tion of the 170 college and high school educators—professors, presidents, superintendents, principals, teachers—the welfare workers, civic leaders, ministers, church school workers, and the 130 college students who attended the lectures and discussions.

The program as carried through, was as follows :

THE PROGRAM

9 A. M.—Chairman, Dr. Bland L. Stradley, Vice President, Ohio State University.

LECTURE: "The Alcoholic: A Study in the Interplay of Individual and Social Factors."—DR. SELDEN D. BACON, Sociologist, Yale University School of Alcohol Studies.

DISCUSSION: Leader, DR. CECIL C. NORTH, Sociology, Ohio State University.

10:30 A. M.

LECTURE: "The Alcohol Problem."—DR. E. M. JELLINEK, Director, Yale School of Alcohol Studies.

GENERAL DISCUSSION.

2 P. M.

LECTURE: "Understanding the Alcoholic."—DR. GEORGE T. HARDING, Ohio State University, College of Medicine; Director, The Harding Sanitarium.

DISCUSSION: Leader, DR. FLOYD FAUST, Columbus; sponsoring "Alcoholics Anonymous."

3 P. M.—GROUP CONFERENCES: "The Educational Approach of Today."

I. "The Role of the Public School," DR. FRED O. SLAGER, Principal, Central High School, Columbus.

CHAIRMAN and Discussion Leader: MR. HOWARD E. HAMLIN, State Board of Education, Columbus.

II. "The Function of the College," DR. H. J. BURGSTAHLER, President, Ohio Wesleyan University, Delaware, Ohio.

CHAIRMAN and Discussion Leader: DR. FREDERICK D. DETWEILER, Sociology, Denison University, Granville, Ohio.

4:30 P. M.

"The Scientist and the Alcohol Problem; Popularizing the Material," DR. E. M. JELLINEK, Yale University.

DISCUSSION Leader and Chairman: DR. JONATHAN FORMAN, Editor, *The Ohio State Medical Journal*, Columbus.

Invitation and Organizing Committee: Dr. Cecil C. North, Ohio State University, and the Columbus members of the 1943 Yale Summer School of Alcohol Studies, Mr. Howard Hamlin, Miss Ila Grindell and Mr. Harry S. Warner.

Develops New Approach

The Conference was marked by attitudes and an approach that have particular meaning for all constructive and educational programs on the alcohol problem in the coming post-war period and permanently thereafter :

1. Recent scientific information and the scientific attitude of mind stood out as basic in all discussion, understanding and educational efforts in dealing with the problem. The importance of seeking and using the best that science has to offer, and of making it available for wider service, was stated or implicit throughout the conference.

2. The strategic advantage of the approach that seeks understanding, rather than that of authoritarian assertion, as a means of gaining the attention and coöperation of a class in a school, or of that public which needs instruction most, or of any group not already especially interested, or "dyed in the wool,"—was made evident in the conference. It stood out as an effective and lasting educational procedure.

3. The new part that men of science and their objective manner of facing the alcohol problem are already having in efforts toward rehabilitation of the alcoholic and in preventive educational activity, appeared in the conference itself. And this has been seen, too, from many indications that this influence has been spreading widely in the past two years.

4. The usefulness of the open-forum technique, of the discussion that brings out differing viewpoints, in the community group meeting, the college, the church and the press as a way of acquiring—or instilling—intelligent attitudes, convictions and conduct regarding alcoholic beverages, rather than mere emotional speaking, was indicated by the number and character of those who shared in this conference who ordinarily would have given the problem little attention. For out of such discussion come the spread and survival of convictions and conduct based on accepted and tested knowledge. As against powerful public propaganda, supported by vast profit interests, this process may seem slow ; it is slow ; but it is the democratic process that leads to change in social customs. And it insures permanency when changes have occurred.

5. It was clear in this conference that even the "liquor problem" can be full of life-interest—not a bore or humdrum—when faced concretely in the person of the victim of alcohol. He is often the end-result of much social and continuous drinking, not always—not even in a majority of cases—the exclusive result of his own inner deficiencies, emotional disorders and mal-adjusted or unadjusted mental conflicts.

That educational activities on the problem may be attractive, even enthusiastic, yet serious and convincing, when linked realistically with other studies for better living, for healthful mental and physical growth, and with a sympathetic understanding of the alcoholic as "a sick man" in the community and the social trends that discover and aid his development into a "compulsive drinker" or other form of alcoholic excess, seemed to this editorial writer to stand out from this Conference as a new educational technique or "approach" that has significance and value for the present situation. For in contrast with all forms of heavy or excessive drinking, there can be made to stand out even more clearly a vital interest in the normal, healthful way of life; the seeking of satisfactions, release and self-expression in the forms of recreation that strengthen personality, overcome mal-adjustments and show how to handle social conflicts, instead of taking the easy road out offered by the drug alcohol.

THE SCIENTIFIC LECTURES Of The YALE SCHOOL OF ALCOHOL STUDIES

FIRST SESSION

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The Alcohol Problem

By E. M. JELLINEK

IF WE ASK a hundred people at random on the street, "What is the Alcohol Problem?" assuming we are not taken for lunatics, we would receive a great variety of answers.

If one happened to be a traffic-court magistrate, he would say that to find a 100 per cent fool-proof chemical test for drunkenness, that he could know certainly that a man brought before him on a charge of drunken driving was really drunk, is the problem.

The next man, a physician from a general hospital, would say, "The problem of alcohol is a problem of nutrition. The men who come here as alcoholics show grave physical diseases that are nothing other than vitamin deficiencies; if they eat and get sufficient vitamins in relation to the calories they consume, there will be no trouble."

The third man, we hope, may be a psychiatrist. He would say that it is a problem of personality, of personality changes and forms of escape from conflicts.

If we ask a drinker, the answer will depend upon the stage he has reached in his alcohol career. He may be in the stage where he will say that the problem is how to drink all he wants without getting into trouble. At a later stage, he will ask, "How can a fellow drink less and be happy?" and if he has reached the end stage, "How can I stop? That is the problem?"

If you meet a representative of the liquor industry, the problem will have a different aspect; how to sell more without attaching odium to the trade, or provoking opposition through increased sales volume. The temperance worker, naturally,

Condensed from a lecture at the Forum-Conference at Ohio State University, Columbus, January 24, 1945. Dr. E. M. Jellinek is Director of the Section of Alcohol Studies, Laboratory of Applied Physiology, Yale University, and Editor of *The Quarterly Journal of Studies on Alcohol*. This report is from notes taken during the lecture, the substance, but not necessarily the exact words of the speaker.

will see the problem in the liquor trade itself. And perhaps 40 per cent of the people of whom we ask this question, will say, "There is no alcohol problem. It exists only in the heads of a few crackpots."

Behind the Answers

Some of the answers that we obtain on the street, are important aspects of the alcohol problem, but only aspects; some are side issues, some merely caricatures.

Let us dig a little deeper into the problem. First, the 40 per cent of the men on the street who say there is no problem. It will not be difficult to convince them that there is one, if we show them that in the United States alone there are more than 600,000 perhaps 750,000 chronic alcoholics; that there are another two and a half million excessive drinkers who are exposed to the risk of chronic alcoholism or alcohol addiction. They cannot avoid seeing this enormous army of men and women going to waste; they can easily see the economic and social involvements of this vast number being incapacitated; and not only incapacitated, but brought to entirely different behavior.

Personality

Now take the psychiatrist who said that the real problem is nothing but one of personality reaction, personality type, personality conflicts and an artificial adjustment to these conflicts. He limits the problem to that of excess, to the upper ranges of drinking. He sees only the end product, only the results of excess.

We ask him whether this excess begins with excess. He smiles, it is not a relevant question. We ask, however: If the question is entirely one of personality type and personality reaction, how does it come that women, who surely have as many conflicts as men, develop alcoholism much more rarely? In the United States we have six alcoholic men to every alcoholic woman; in Germany, before the war, there were twelve alcoholic men to one alcoholic woman; in England, the ratio was two to one; in the Scandinavian countries, twenty-three to one. Can that be explained entirely by personality reactions? Must there not be some other factor that influences women in

one society more than in another? Are there not certain unwritten laws of society at work? Can we not assume that these unwritten laws of society are, where strictly observed, also very effective? Do we not have evidence that there is something beyond the personality element that plays a part?

And then, have you ever seen an alcoholic, who did not begin his career with a psychological handicap but, in a situation where the standard of consumption was high, got trapped by alcohol and come to the same end as did the originally neurotic alcoholic? This type I look upon as the secondary alcoholic, the man who begins without this handicap but becomes addicted. These indications show that there are other factors at work, and that the psychiatrist is oversimplifying the problem, limiting it to one range, the upper range end.

Economic Pressure

And now those who say that the whole problem is the liquor trade. We recall that anthropologists have found that the use of alcoholic beverages existed in primitive societies, before the arrival of white men; and not only existed, but that this usage had maintained itself through thousands of years without any economic pressure behind it, without there being any organized supply. This should be seriously considered. No doubt the presence of an organized supply intensifies the problem tremendously; but it would be a grave error to ignore that, to a certain extent, the use of alcohol and the occasion of alcoholic behavior can exist without an organized supply. This is a point to be taken into account in connection with any kind of solution of the problem.

Physical Effects

But we want more light, a clearer view of the problem. We go to the physiologist and ask him if he knows much about alcohol. If he is a true scientist, he will say, "No, we don't know much. We have accumulated much information, but even so, it is not much." We ask whether there is any evidence of a physical urge to become intoxicated. He will answer, "Evidence, no; hypotheses, yes." Unfortunately the hypothesis of physical craving has been presented frequently as fact. Sometimes this was not the fault of the proponents who explained that it

was a hypothesis, but of others who found it a convenient explanation to be retailed as fact. Now the physiologist cannot give us any evidence that a physical craving for alcohol exists; that it exists in one man more than in another.

We ask the physiologist whether he has any information of such effects of alcohol as will explain its use. He will say, and the evidence is, that alcohol is a depressant, not a stimulant as many believe. That is a very interesting fact, but what does it explain? Why does its use spring out of this effect? We will come back to that later.

We ask the physiologist, "Have you any data, any information that will tell us why ethyl alcohol is the preferred substance?" Of the many alcohols, the only one used as a beverage? Of most intoxicants, the one that can be used? One answer is, that some of the alcohols do not show effects for a long time; if you drink now, it might be tomorrow at 4 P. M., that you knees would buckle; and that might subject you to embarrassing surprises. Ethyl alcohol is almost immediately absorbed into the blood stream and fairly rapidly oxidized; when it has been oxidized it is no longer effective. The end products of the oxidization of alcohol are harmless, water and carbon dioxide. Methyl alcohol is actually less toxic than ethyl, but it cannot be used because it is oxidized very slowly. If a man takes a glass of methyl alcohol, and another in four hours he then has two glasses. If it were ethyl, after four hours the contents of the first glass would have been oxidized.

The great accessibility of ethyl alcohol, the ease of its production, the cheapness of its production, are outside the realm of the physiologist. But he has told us that an explanation of the use of ethyl alcohol is its effects; and he has said that it is a depressant, not a stimulant. That is one of the findings of experienced physiologists which you can safely accept.

Anthropologist Explains

Now why should anyone want to depress his brain? Let us ask the anthropologist how alcohol is being used in primitive society; among primitive tribes unsophisticated by contact with white culture.

The anthropologist will say that within those tribes there is no great personality difference, as there is in our complex so-

Influence of Social Pattern

By **GEORGE T. HARDING**

ANOTHER PROBLEM of tremendous importance to young people in meeting the alcohol problem is the dominant social pattern of our times which includes the social pressure of the group to at least accept social drinking. The importance of this particular pressure is increased by the fact that it comes at a time when the young person is least prepared to meet it.

I have talked to hundreds of students in the University who have told me that they are opposed to drinking, that they accept alcohol only because they are unable to resist the social pressure of their group. Unfortunately, the individual who finds it hard to be in the minority, to resist the pressure of the larger group, is too often the one least able to resist the tendency to become alcoholic. It is the exciting, stimulating, pleasurable surroundings of college drinking, even when it is done in moderation, that makes it a particularly dangerous influence in later life when individuals unconsciously try to recapture the thrills and excitement of their youthful pleasures and to recall the romantic atmosphere of the fraternity or sorority party or dance.

Dr. George T. Harding is Professor of Clinical Psychiatry at Ohio State University and Director of the Harding Sanitarium, Worthington, Ohio. This article is from the address by Dr. Harding on "Understanding the Alcoholic," at the Forum-Conference at Ohio State University, January 24, 1945. The lecture will appear in full in the April *INTERNATIONAL STUDENT*.

ciety; that there is no great variety of reaction types, because reaction types develop with increasing stimuli, with the number and intensity of stimuli. He will say that these primitive people live very close together, are closely knit into a common society, have their common anxieties, common threats of injury, common threats from enemies, with but few individual anxieties or individual threats of danger. Largely, their anxieties and frustrations are communal; there is a communal

tension, and the tribes have taken measures to lower this tension, not to let it out in an explosion. So they have various rites and festivals, among these alcohol bouts.

It is interesting to note that in primitive societies, there is practically no individual use of alcohol; its use is at the communal bouts. Also, that in primitive societies, the preparation of alcoholic beverages is difficult; the technique of brewing has not developed; the alcohol cannot be conserved, when prepared it must be consumed. In these societies, there will be great drinking bouts, but only at long intervals, a few times a year; they will be communal affairs and measures to maintain control will be taken. The women will stand by; when the men get too much they will tie them up until sober. Or the weapons may be hidden to prevent dangerous aggressiveness.

Due to the infrequency of drinking bouts, the physical involvements are not great. There is no great chance of chronic alcoholism. It is recognized that in this form of relief from tensions there is more danger than in other forms; as a result, certain taboos, including men of certain ages and occupations, have been developed. While using alcohol for its effects, for relief from tension, primitive peoples at the same time seek to control it. That has been true throughout history. Alcohol is used for its effects; then, when the effects become exaggerated and dangerous it is controlled.

The Problem in Complex Societies

In primitive tribes there is no individual problem of alcohol, only a communal one, and it is limited. It is in complex societies, that we meet the individual problem alcoholic, the man who has his town type of problems, his own threatening dangers, his own frustration; the tendency with him is away from the communal solution toward an individual solution. In this individual solution, the depressant effect of alcohol offers itself as a wonderful satisfaction. Here he has a substance that depresses his brain activity to such a degree that his judgment will not interfere with his fantasies. He finds himself free to fulfill any fantasy or wish, and without any intelligent effort; all he has to do is to pour down the alcohol; and the alcohol does the rest.

(Continued on Page 125)

THE ALCOHOLIC

A Study in the Interplay of Individual and Social Factors

By SELDEN D. BACON

IN ATTEMPTING to gain a *more adequate* understanding of the alcoholic, the first step must be a statement defining who or what the alcoholic may be. For our purposes a satisfactory working definition may be found in the following brief description—the alcoholic is the compulsive drinker whose total life adjustment is heavily influenced by his drinking habit.

The core of the alcoholic problem is the nature of the factors which produce it. This will be the point of attack if the study is undertaken to extend and sharpen the understanding of human behavior by examination of what might be termed socially pathologic behavior. It will be the point of attack if the purpose is to make therapy more efficient. It will be the point of attack if the goal is a rather general desire “to do something” about alcohol and alcoholism.

Unfounded Ideas of Alcoholism

In what general area of knowledge will an explanation of the background factors in alcoholism be found? Almost all of you would agree that demonology is out. Perhaps most of you would rule out the “Rational Man” approach, i. e., the person drinks excessively because he figures out that he gets more pleasure from this way of behavior than from others and so he goes to it and keeps at it; consequently, if one can only reason with such a person he will give up the habit or he is just plain

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stubborn. Many of you, however, might allow that although this approach was scientifically disreputable, still it might explain a small part of the problem. There are undoubtedly some here who believe that alcoholism is inherited or, at least, that one inherits a tendency or a predisposition to alcoholism; a few may have learned to talk about unspecific heredity, a rather dignified, though somewhat misleading manner of saying "I don't know." Still others might like to believe that only the feeble-minded or the moronic become alcoholics. Most of you, however, are aware that these explanations are unproven, disproven, or quite irrelevant. The reasons for some persons still holding to such ideas is that, first, they are simple; second, they are traditional; third, they are grounded on tangible, concrete factors or, rather, on the hope of such factors, and it is an American characteristic to think in terms of tangible things. It would be nice if we could find a bug, or isolate a gene in the chromosomes, or discover a part of the body or brain which was responsible for alcoholism.

Explanation Lies Beyond Biology

Unfortunately, alcoholism is not a simple problem; unfortunately, the traditional explanations are almost completely misleading; unfortunately, it seems almost certain that efficient explanations are to be achieved primarily through an appreciation of the intangibles. It is quite true that science has made its great strides in dealing with the tangible, that science is less adequately developed or equipped in dealing with the intangible. Does this mean that study should be directed along the lines of biology and physiology in order to attain a greater understanding of and, consequently, a greater ability to cope with the problems of alcoholism?

This reminds me of a story relevant because of its subject matter as well as because of its moral. A New York policeman patrolling his lonely beat along upper Broadway, near Van Cortland Park came upon a man on his hands and knees at the corner of 242nd Street. As he suspected, the man was carrying quite a load of alcohol. "What are you doing down there, Bud?" And Bud answered, somewhat huskily, that he had dropped his watch, the watch his dear old mother had given him on her death bed. The cop looked up and down the gutter,

saw no watch, and finally, with that suspicious cast of mind you may have noticed in the law, asked, "And where did you lose this watch?" To which the drunk replied, "Oh, up on 248th Street, but the light is so much better down her for looking."

Causative Factors Are Custom, Personality

It is true that the light of science does not burn so brightly in the area of the intangibles, but that is where our problem lies. If we are to enhance our knowledge of the factors leading to alcoholism we are going to be forced into the study of custom and the study of personality. Let me illustrate the sort of knowledge which leads to this conclusion, first, the significance of custom or, more broadly, of sociological factors.

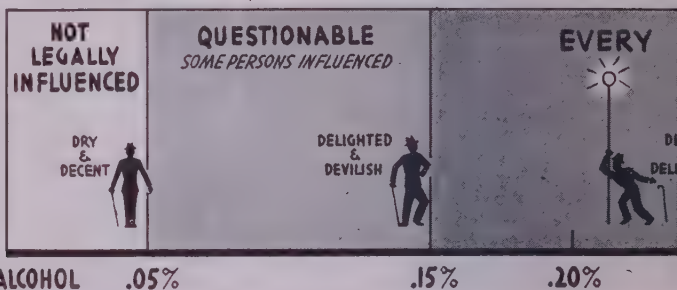
Sex Relation to Alcoholism

Perhaps the outstanding fact here is the sex ratio in alcoholism. In America there are about 5 male alcoholics to one female alcoholic. In Scandinavia, however, there are about 23 male alcoholics to one female. England shows an extreme contrast in that there are less than two male alcoholics to each female alcoholic. If the male-female ratio was observable as 2-1 or 40-1 in all cultures, we might think the difference to be biological, but the cultural variation makes such an assumption indefensible. To clinch the fact of cultural significance we may note that findings of Malzberg that the male-female ratio in alcoholism among the foreign born in this country tends to approach the native American standard. Thus, for native born Americans of American parentage the ratio is only 4.9 to 1. For all the foreign born the rate is 6 to 1. For natives of foreign born parents the ratio is 5.5 to 1.

Relation to National Groups

Another obvious illustration of the significance of sociological factors is the differing rate of alcoholism among various groups within the country. As you are probably aware, alcoholism among Jews is rare. The Italians show 9 times the rate of alcoholic psychosis prevalent among the Jews. The Irish show a rate 50 times as great.

THERE IS A DEFINITE RELATION BETWEEN ALCOHOL



Cultural Factors Important

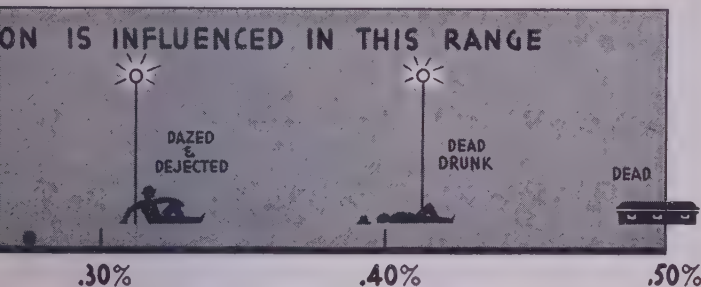
These two instances are sufficient to show the importance of cultural factors. However, it is also clear that such factors alone are not a sufficient explanation of alcoholism. There *are* alcoholic women, there *are* alcoholic Jews, there *are* Irish who are moderate drinkers and who are abstainers. The cultural factors are significant but they are not determining.

Personality

The second large area in which background causes of alcoholism are to be sought is that of personality or, more broadly, psychology. Again, a field in which intangibles, such as learning, emotion, inhibition, and frustration are key processes. The individual always exhibits such operations in social situations, and the field may more accurately be termed social psychology.

Psychiatrists, ex-alcoholics, and the friends (or ex-friends) and relatives of alcoholics are almost all agreed that the alcoholic is a person with a peculiar twist in his overall personality. He, or she, seems to react differently than others; it would appear that, if usual human beings can be likened to an 8 cylinder engine, then the alcoholic is functioning with 9 or perhaps 7 cylinders. Furthermore, the personality anomalies are strik-

IN THE BLOOD AND DEGREE OF INTOXICATION



—Courtesy National Safety Council.

ingly similar to those manifested by persons who are categorized as this or that type of deviant or mentally ill or disturbed person. Kleptomania, depression, hallucinosis and so on appear in alcoholics, although no single, clearcut pattern, or syndrome, of such symptoms may appear. The psycho-analyst observes the same symptoms and postulates the same processes in alcoholics as in neurotics. That factors of an individual psychic nature are significant in the etiology of alcoholism is clear. That they are not determining is also clear since many individuals, although possessing characteristics strikingly similar to those of alcoholics, do not become alcoholics.

Heredity, Climate, Not Causal

It remains to be stated that other factors, such as heredity, body-build, race, disease history, climate and so on do not show a causal relationship or correlation with alcoholism. The area of research is pretty clearly signified. It should not, however, be deduced from these remarks that other fields of research are irrelevant. The study of the physiological functions of alcohol, the relation of this or that disease to the condition of alcoholism, descriptions of the forms and properties of consumable alcohol are all part of the total picture. That they play any significant role in the onset of alcoholism, however, is not

proven at this time and, if it ever should be, it would seem most probable that their part would be secondary to the sociological and psychological factors.

These being the two most promising fields for study of the etiology of alcoholism, how may they be defined most efficiently and utilized for the purpose?

Sociological Position

A picture of the alcoholic or compulsive drinker whose total life is heavily influenced by his drinking will be a first step. What are the sociological characteristics of this category of persons? The description to follow refers specifically to the American type. It is based primarily on a survey of more than a thousand arrested inebriates and is supplemented by studies of alcoholics with psychosis in mental hospitals, of alcoholics at private sanatoria, and of those admitted to general hospitals.

The category will consist overwhelmingly of men, from 85 per cent to 97 per cent depending upon the population observed. The great majority will be between 35 and 50 years of age. The study of arrested inebriates showed that this category should be characterized by the word "undersocialized." This refers to their participation in group life. For example, while 75 per cent of men of the same age distribution from the same area are married and living with their wives, only 23 per cent of the inebriates are married and living with their wives. Likewise 20 per cent of the men of the control group remained bachelors compared to 53 per cent of the inebriates. The inebriates moved from residence to residence far more than controls; they were more unemployed; when employed they held jobs briefly and held jobs of low prestige. Recreational practices found big differences between inebriates and controls. Even in those recreation practices which they had, the inebriates acted alone or with casual acquaintances in marked contrast to controls. The inebriates showed in their educational experience a significantly greater trend in dropping out of school or college. It was of interest to see that the inebriates constantly showed themselves as being more "undersocialized" than did persons arrested for other offenses (not including traffic violators), these offenders being usually midway be-

tween the general public and the inebriates on the score of underparticipation in social groups and under-utilization of the ways of life available in society. In one way, of course, the inebriates utilized all the techniques available, the ways of drinking, although even here it should be noted that the usual mode of drinking among the inebriates was alone or with others of the same sex, true of 70 per cent. With traffic violators, a control group, this was true of only 31 per cent.

This picture of poor social participation or almost no social participation is particularly significant as it describes the educational and marital condition since these both antedate the period of excessive and compulsive drinking. Both education and marriage occur long before 35 years of age; yet alcoholism before 30 is rare, generally appearing between 35 and 50. Of the arrested group here considered, for example, about 3 per cent were under 25, less than 10 per cent under 30. The overwhelming majority were undersocialized in at least these two respects before becoming inebriates. Their inebriety probably made the situation worse.

With this slight sketch of the sociological position of those who become inebriates, we may turn to its significance. What does the fact of undersocialization imply? Very briefly, it implies, one, a lack of instigation to activity; two, a lack of direction of activity; three, a lack of punishments for non-activity or disapproved activity; four, a lack of satisfactions, especially those concerned with affection, prestige, emotional security, and a measure of control in regulating one's own destiny as well as part of the surrounding world. These life processes, instigation, direction, control, and satisfaction occur very largely in groups. Without family, friends, associates, neighbors, bosses, inferiors, clients and other meaningful social contacts with whom one participates in reciprocating fashion, without these, life can be carried on only on a low level of accomplishment; activity will be minimal and occasionally random; behavior will tend to be egocentric, perhaps antisocial.

Mental Condition of Compulsive Drinker

Now let us consider briefly the psychological characteristics of the compulsive, excessive drinker. These have been outlined by psychiatrists, psycho-analysts, ex-alcoholics, social

workers, lay therapists, clinical psychologists, doctors, ministers, and artists. Although attempts to describe a single personality type have always failed, there is a wide area of agreement shared by almost all those who have written on this subject. Disagreement appears, first, in opinion as to the extent to which these characteristics obtain among all compulsive drinkers and, second, in opinion as to the manner in which the characteristics developed. A fair summation of these may be presented under three main headings:

(1) PAIN. The alcoholic is a strikingly unhappy person, one who exists in an atmosphere of undefined and unpleasant tension; this is an overall, perhaps an ambiguous characterization, but it is essential for even the most limited understanding of the problem. As an accompaniment to this pain is the fact that the alcoholic is bewildered as to why he is in pain, why he has to drink.

(2) LACK OF MATURITY. This is to be seen both in matters of judgment (varying from rapturous appreciation to unlimited cynicism) and in relation to emotional balance and control. It is illustrated particularly by (a) egocentricity, (b) an inability to utilize those talents which are obviously present, (c) sexual maladjustment, (d) chronic and unresolved feelings of both self-pity and excessive guilt, and (e) a series of related attitudes and emotional sets such as loneliness, constant self-consciousness or comparison of self with others, uncritical idealism, excessive need to dominate, excessive need for signs of affection, utter inability to enter a reciprocal relationship. I have placed all of these characteristics under the heading of immaturity for the reason that any of them can appear during childhood or adolescence and be expected, be amusing, be a definite part of growing up in our society. We expect youth to go into raptures over this, that, or the other; we expect aggressive cynicisms and an utterly unbased worldly wisdom from sophomores; thirteen-year-olds are often sensitive to an unpleasant degree about what others think of them, are highly anxious as to their own status and merits in comparison with almost everyone. At this time of life excessive guilt is not at all uncommon, and religious association or "crush" friendships are taken on with overwhelming fervor.

But, and it is a very big BUT, these emotional sets and attitudes are *not* expected, are *not* amusing, are *not* parts of living in an adult.

(3) THE VICIOUS CIRCLE condition which can be set in motion by alcohol. Alcohol temporarily eases the pain, but does nothing constructive about the situation in which the alcoholic finds himself or about his immature personality. On the contrary, once its use becomes excessive, it makes the drinker's situation worse. And, since it is relatively effortless to drink and since alcohol can be used to escape pain, it becomes an adjustment, an adjustment which is passive, egocentric, unrealistic in the long run, dependent. Thus, the alcoholic's tensions are reduced by a means which increases the difficulty of his situation and enhances the very weaknesses of personality which lie in back of his tensions. The more he drinks, the more he suffers. The more he suffers, the more he drinks.

This psychological description is quite harmonious with the sociological picture presented earlier, a fact of considerable significance since the methods of the two studies are not the same, their vocabulary is not the same, and the researchers are of different background and training.

Becomes Increasingly Unsocial

What emerges as an etiological picture of alcoholism would appear to be an individual who, by the time he has reached his teens, is faced with difficulties which he is solving in ways which will in the long run lead to further difficulty. They are ways which make easy, trusting, friendly, close relations with others very difficult. Whether through assumed superiority or inferiority, whether through excessive dependence or excessive aggression, the individual's means of adjusting to his earlier difficulties have become such as to make his membership in intimate, continuing, reciprocal groups almost too painful to endure. He wants the benefits of such membership, but the anxieties created by approaching the mutual give and take, the responsibility, and the giving out of affection and approval to others are too much. He may turn inwards for approval and affection. He may become a daydreamer, a cynic, but he is quite sure to remain a relatively isolated person, especially as far as intimate groups are concerned.

Two processes must be considered at this point: one, most of life's satisfactions are gained through membership in small intimate associations such as the family and the small friendship group; two, learning how to achieve these rewards, learning how to live with others, takes place in and through such groups. The lonely person is not getting the satisfactions, nor is he learning how.

Difficult to Live With Others

For men in our society between 18 and 25 it is possible to lead a rather mobile life. This does not mean that they get along without group participation, but it may mean that many of the obvious symbols of secure membership such as marriage, permanent residence, selection of a preferential type of work, can be omitted without the appearance of social maladjustment. After 30 years of age, however, the absence of such ties becomes more noticeable and the unattached man finds himself in a more constricted social world. For the man who was tense, self-conscious, apprehensive of intimate and continuing association, the problems of living, of gaining affection, prestige, self-respect, emotional security and so on increase.

Comes to Depend on Alcohol

This man is socially and psychologically a good candidate for alcoholism. His social surroundings can now play a very important part. If his occupation has a tradition of heavy drinking, if his casual acquaintances favor drinking, *and if his familial and other early training* does not inhibit him (or, on the other hand, was so repressive that he revels in going against its taboos) it is not unlikely that he will use alcohol to relieve his tension, to forget his anxieties, to achieve self-respect, to make his daydreams seem more real, or to allow freer rein to his aggression. As he unconsciously comes to *depend on* alcohol, he extends the time spent drinking and the amount drunk at any one time. Rather than using alcohol to aid his mutual relaxation with others, he is using it to aid his living with himself. The vicious circle previously mentioned sets in. I may add two aspects of the vicious circle not previously mentioned: One of these is the well known hangover coming the

morning after the night before which is accompanied by many unpleasant physiological and psychological manifestations; one of the quickest cures for this is a little quiet morning drinking. The other vicious circle element is an increase in guilt; the man cursing his drinking and ruing every drop he can remember consuming; there is nothing like alcohol to relieve his guilt.

The picture here presented is that of the so-called neurotic drinker. It is a reasonable construction and jibes with many of the observations made of alcoholics.

Various Types

Unfortunately, it does not cover all excessive, compulsive drinkers by any means. This has led some observers to abandon the whole point of view; they seem to feel that one explanation must cover all alcoholics. After one has examined a certain number of cases and they fit this picture, it is hard to believe that there can be any other explanation; one fights to prove that it is so. I know, because I went through this period of believing. However, the number of cases not fitting this explanation was too great.

I am going to sketch two other types. In each instance you will note an interplay of social and individual forces, but the emphasis and the form will be different. The final result, however, will be about the same. Perhaps that is why so many students of the alcoholic are looking for an alcoholic personality type. Perhaps that is why relatives and municipal courts and ministers use or attempt the same rehabilitation or prevention techniques for all alcoholics.

First let me mention some further types in order to cover a wider field before describing the last two, namely, the feeble minded excessive drinker, the psychotic drinker, and the excessive but not compulsive drinker sometimes found among late adolescents. These may account for 15 per cent of the group usually thought of as addicts. In these cases it is worth noting that alcohol or even alcoholism is merely a minor accompaniment to another condition.

Sociability Alcoholics

These categories present no particular difficulty to the student who is convinced of the *neurotic* character of alcoholism,

but the next type which includes as many if not more than the neurotic type, which I prefer to call the primary compulsive, is quite a blow. For about a third of the alcoholics show a history of considerable sociability. If one likes the term, they appear on the whole to have been extroverts. They may well be the cheery, robust, driving type more characteristic of the stereotype of the American working or business man than of some lonely, socially maladjusted introvert. And yet they become alcoholics, too.

The explanation of this type is just emerging. I believe it to be on the right track but cannot pretend that it is in any way final. The group to be considered may be called the secondary compulsive type.

One of the factors lying behind this category of alcoholism is an environment peculiarly favorable to fairly heavy drinking. Certain occupational groups, certain neighborhood, clique, perhaps even ethnic groups, or sectors of them, have a tradition of considerable drinking, a tradition which does not frown too heavily on occasional drunkenness. The drinking group, the beliefs, the time, the sanction in favor of drinking, the material, and techniques are all at hand. It is not unnatural for an individual to join in these facilitated ways. It can be hard to avoid it.

Pampering

The second factor is a process which Jellinek has labeled "pampering." As you are all aware, alcohol is a depressant. It relieves tension, lowers discriminatory powers, reduces sensitivity to the realistic world. Now the process of living in this world entails a good deal of irritation, self-denial, self-discipline, flexibility in reaction and postponement of satisfactions. In the highly organized, interdependent, mobile, competitive society in which we live, these effort-creating and pain creating stimuli may be more intensified than in more simple societies.

The individual who indulges in fairly heavy drinking over a period of years, even though he is in control of his drinking, may unconsciously be using alcohol to cushion himself for many of the bumps and frustrations which are the usual experience of men and women. Alcohol may allow this man to avoid

notice of criticism or enmity, may allow him to skip by little failures, shrug off little arguments with wife or employee or boss or friend. This means that the socializing process, a learning period which does not stop at 18 or 21 or 24, is losing its sharp edges; the individual is not adjusting any more. This means both that mistakes and failures and broken associations can cumulate and also that the individual's reactions can become more and more rigid.

Other things being equal, trouble lies ahead, increasing trouble, for this individual. And as trouble increases, he may well increase his drinking to avoid such trouble.

Vicious Circle Drinkers

Still another factor plays its part. This includes those two aspects of the vicious circle process that I mentioned earlier. After 8 or 10 years of increasingly heavy drinking, hangover, tremor, nausea, and depression may strike in the morning, and the technique of morning drinking can be easily discovered. Also, in his sober moments, the sense of guilt rises and needs its alcohol rub if the individual is to face the world as his usual cheery self.

Drinking now controls this man instead of vice versa. It has become a compelling part of his life; he is frightened to be without alcohol. He is a secondary type compulsive alcoholic.

At this point a very confusing phenomenon occurs, confusing to the observer who sees the man for the first time at this stage. The man begins to exhibit all the symptoms of the primary stage. Nor is this unnatural. He drops out of groups; he loses jobs, separates from his family, moves around geographically quite a bit. After a period of unpaid loans, he begins to lose touch with friends. He becomes, perforce, an isolated, undersocialized person, dreaming of unreal comebacks, criticizing everyone and everything, searching for friendship without hope of returning it. Despite these similarities, however, the basic personality structure is quite different.

It may well be that a fourth factor has to be included. For the question rises, why did this man take to the drinking pattern (which was a permitted but not imperative custom) with such vigor in the years before his final collapse? It may be that in some cases we have to hypothesize some small and gener-

ally unobserved personality weakness which the person had covered or gotten around only with difficulty; that at the very start drinking was easing some tension.

Disaster Compulsives

The last type I will discuss, and this may include only 10 or 15 per cent of the whole, I may call the situational type of compulsive drinker. This category may be represented by the person who has suffered a blow which shatters his universe. It may be the loss of wife or close friend. It may be some nervous or physical wounding. As a result of such a blow the person retires from normal, social life; alcohol, if discovered, can decrease the sense of loss or indignity without demanding effort or release from isolation. In this category might be placed many widowers among whom the incidence of inebriety is abnormally high. It is possible that further study would show that such widowers were usually husbands whose life centered around their home and whose other social contacts were casual and emotionally of little import; the irreparable loss of their one meaningful source of instigation, direction, reward, and control might well be seen as suddenly leaving them as under-socialized as those of the previous groups. It is not unlikely that some of those to be demobilized from the armed services will fit into this situational category.

With this consideration we return to the question of furthering our understanding of the alcoholic.

Value of This Approach

What is the value of this psychological and sociological approach for such an understanding? First, how may it contribute to the thinking of those interested in the problems of alcohol, especially as drunkenness and its concomitants are concerned? Perhaps the most important result for this group is the realization that alcoholism is a complex, not a simple, problem and that it is the result of diverse forces. It is significant for them to note that alcoholism is a temporary adjustment (in the long run, of course, a decided maladjustment) to pains and troubles which arise from many sources. Unless this function of drinking is understood, opponents of alcohol or those desirous of exerting greater control over it will never realize

the strength of the phenomenon they desire to regulate. This approach also makes clear that only in a restricted and not too significant sense is it true that alcohol causes alcoholism. Of the fifty million or more people in the United States who drink, less than a million are alcoholics. Perhaps another half million are excessive drinkers without being compulsive. Alcohol is necessary to alcoholism, yes, but alcohol alone does not make the alcoholic, as 95 per cent of those who use it bear witness. Let me repeat that alcoholism is not a simple problem, that the traditional viewpoints are almost wholly misleading, and that explanations based on tangible, easily measured causes are largely irrelevant.

For those who are primarily interested in therapy what are the implications of the sociological and psychological approach? Primarily, it illustrates the existence of various types of alcoholic. It makes it clear that no technique of rehabilitation can be expected to have results in all cases any more than one pill can be expected to cure all diseases. This means that diagnosis of the alcoholic to discover the nature of his alcoholism is an imperative first step. In this diagnosis the services of the psychiatrist or psychologist and of the social case worker will be essential. The mental and emotional make-up of the alcoholic and his life-history, especially his drinking history, are necessary keys to an understanding of his alcoholism. A medical diagnosis is also a necessity. This approach also allows differential prognosis. For the psychotic or feeble-minded drinker the outlook is very poor, but, as previously pointed out, with such cases the alcoholism is only a secondary accompaniment. For the primary-type compulsive drinker the outlook is not good, but it is not hopeless. Intensive psychotherapy is probably a prerequisite, and considerable socialization may be needed over a long period of time. For the secondary-type compulsive drinker the prognosis is excellent, and rehabilitation may be achieved without any great cost. It is probably with this category that Alcoholics Anonymous has achieved the greatest proportion of its amazing success. For the situational type the outlook is not clear; it would seem to be favorable, but many factors, age, for example, or the nature of the inciting experience, may alter the expectancy. Those interested in therapy should not expect these categories to be mutually exclusive nor

should they be surprised to find some who fit in no one of the listed groups. The approach is new and is open to much refinement and much alteration. That it is a more useful theoretical orientation than those which have prevailed in previous decades (as observed in the actions of hospitals, jails, relatives of alcoholics and others) is hardly to be questioned.

Finally, to those who are primarily interested in extending and sharpening their understanding and appreciation of the individual and group behavior, the study of the background factors in alcoholism can be a rich source for gaining insight and testing generalizations about the nature and development of man and his culture, a source which has received comparatively little attention of scientific character up to this time. Gaining knowledge of the structure and forces and inter-relationships and sequences in life processes through study of the pathological has always been a fascinating task. In this instance it is related to an immediate social problem of the first magnitude. The drinking of alcoholic beverages is a custom woven through all parts of the cultural pattern, economic, governmental, religious, recreational, marital, social class and others. Its abuse has reflected the weaker parts of social structure and has shown dramatically the nature of the readjustment process throughout recorded history. The impact of social problems upon the individual can probably be seen as clearly in the study of the alcoholic as in any other field of research, and the nature of individual responses in specified social situations can in this type of case be subjected to many types of investigation. In few areas of research do the physiological, psychological, and sociological aspects of behavior appear entwined so dramatically. For an analysis of the significant factors in human and group behavior the field of alcoholism offers an area of research in which exploration of the intangibles and complexities of human life may be pursued with great hope of expanding and enriching our knowledge of man and society.

Alcohol never solves the problem that is caused by anxiety, or that causes anxiety.—DR. HAVEN EMERSON.

THE ALCOHOL PROBLEM

(Continued from Page 108)

Now the greater the complexities of society become, the greater is also the interference of alcoholic behavior with society. It tends to interfere with everything, with the family, the occupation group, the community, the life of the nation; then again arises a tendency toward control.

Let me illustrate. In the social history of Germany, from the tenth to the sixteenth century, one may readily follow the growth of the individual drinking problem, the individual solution through intoxication, and the accumulation of these problems into a national problem.

In the eleventh and twelfth centuries there was no alcoholism to speak of; then, slowly, in the thirteenth it began to develop. In the fourteenth and fifteenth centuries it accumulated and the sixteenth was the greatest guzzling century this world has ever known. To follow this through its growth, to see how license laws developed, the forms that it put on, the literature that was produced in the sixteenth century around the drinking question, the safeguards that were built up, or attempted—all would illustrate this whole question most sharply.

The Alcoholic

In complex societies, in addition to the problem of alcohol itself, the alcoholic and his rehabilitation, an enormous lot of lesser problems present themselves. Naturally in an age of mechanization, there are added to the original problem, all those of traffic safety and the like, so that it grows into a huge total problem that reaches into every aspect of life.

Complexity of the Problem

From all this it may be seen that the alcohol problem does not stand alone; that it cannot be isolated, but that it appears to be a derivative of larger social problems; an element in a vast pattern of behavior in an entirely cultural background. This was seen and explained by a very early sociologist, one not recognized as a sociologist but as a religious writer of the sixteenth century, the German philosopher, Sebastian Franck, who, in 1531, published his book, "The Horrible Vice of

Drunkenness." In it he displayed the varieties of alcoholism, and said: "But it always has been so and always will be so, unless new heads are put on people's shoulders." He was symbolizing that large pattern of which alcohol is a part; and he realized then, in the sixteenth century, that the attack had to be on the pattern and not one factor of alcoholism.

In our School it is our first aim to acquaint the student with the great complexities of the alcohol problem. Apparently we succeed, for when they leave they know less than when they came. And that is wholesome, for then they know that perhaps their first attitude, when they thought they knew everything necessary to solve it, was not so good. Then came a new realization of the magnitude of the problem, a respect for it, and humility, that is one of the surest ways out of all problems.

The Teachers' Use of Alcohol Material

E. M. JELLINEK

VERY FEW TEACHERS recognize that there is an alcohol problem. If they could be convinced that there is a problem, and their interest aroused, they might be expected to teach about it. This can be brought about by bringing to their attention a scientific monograph, written in simple language, that shows how social problems hang together; let them see the physiological, psychological, medical, ethical, and all other elements of the problem as a whole. This material they should themselves process before bringing it to their pupils, and not in a separate course on alcohol, but in connection with the subject in which it comes quite naturally—biology, civics, social science, wherever it fits. But education in the schools will not be sufficient alone. Education of society at large is also required.

From an address on "The Utilization of Material in Educational Programs," by Dr. E. M. Jellinek, D.Sc., Director, at the Refresher Course, Yale Summer School of Alcohol Studies, 1944.

Cult of Toxic Culture

*Seek the Truth
Come Whence It May
Lead Where It Will*

Disturbing to Teamwork

A LOT OF MEN I have known, so far as I could see, have not been hurt by their use of strong drink. But I have never known a man who was helped by it. Certainly it has no place in the life of any athlete, and that includes professional baseball players. Physical fitness and alcohol don't mix. I know of two pennants that were lost, as I view it, because one fellow on the club drank a bit, and then associated with someone with whom he would not have associated if he had not been drinking. This happened two different years in a major league.—BRANCH RICKEY, baseball executive, *Christian Herald*.

War-Time Sale of Drink Ideas

The advertising of alcoholic beverages has undergone the same changes in character which have affected all advertising in wartime: that is, it no longer promotes the sale of products and services but has become a strong weapon in the sale of economic and social ideas—ideas about alcoholic beverages.—Civic Relations Commission, Church Federation of Chicago, Nov., '44.

Capacity to "Hold Liquor"

It must be emphasized that alcohol is a drug and that alcohol addiction is drug addiction; that to be intoxicated is to be poisoned, as the term implies; that to get drunk is a disgrace, not an event of which to be proud or for others to condone. The young must be taught that the capacity to hold liquor well is a dangerous gift, by no means a measure of virility or the worthwhileness of personality. The attitude that drinking is smart, the urging to drink, so prevalent in society, must disappear through education and social propaganda of an intensive kind. ABRAHAM MYERSON, M.D., *Quarterly Journal of Inebriety*, Sept. '44, 197.

THE LECTURES *of the* FIRST YALE SCHOOL OF ALCOHOL STUDIES

SUMMER COURSE OF 1943, CONDENSED

The latest information on the alcohol problem; in popular, condensed form for the busy educator, minister, doctor, student, welfare worker—*the best that science has to offer today.*

CONTENTS

Science and the Alcohol Problem, E. M. JELLINEK, Sc.D., Director, Section on Alcohol Studies, Yale University.

The Alcohol Problem: Formulations and Attitudes, DR. JELLINEK.

An Anthropological View of the Alcohol Problem, DONALD HORTON, Ph.D., Anthropology, Yale University.

Drinking Mores of the Social Classes, JOHN DOLLARD, Ph.D., Professor, Social Anthropology, Yale University.

The Physiology of Alcohol, HOWARD W. HAGGARD, M.D., Director, Laboratory of Applied Physiology, Yale University.

Significance and Determination of Alcohol Concentration in the Body Fluids and Tissues, LEON A. GREENBERG, Assistant Professor, Yale University.

The Nutritional Aspects of Alcohol, NORMAN JOLLIFFE, M.D., Associate Professor of Medicine, New York University.

Alcohol as a Factor in Traffic Accidents, DONALD S. BERRY, Ph.D., Director, Traffic and Transportation, National Safety Council.

Legal Problems Relating to Alcohol and Accidents, DR. BERRY.

Statistics of Alcoholic Mental Diseases, BENJAMIN MALZBERG, Ph.D., New York State Department of Mental Hygiene.

The Heredity of the Alcoholic, DR. JELLINEK.

Youth, Alcohol and Delinquency, REV FRANCIS W. McPEEK, Director of Social Welfare, Washington Federation of Churches.

Alcohol and Public Opinion, DWIGHT ANDERSON, LL.B., Director, Public Relations, Medical Society of the State of New York.

Treatment of Alcohol Addiction, HARRY M. TIEBOU, M.D., Physician-in-Charge, Blythewood Sanitarium.

Contributions of Lay Therapists to the Treatment of Alcoholism, MR. ANDERSON.

The Ministers' Relation to the Alcoholic, REV. OTIS R. RICE, Religious Director, St. Luke's Hospital, New York.

The Educational Approach to the Alcohol Problem, HAVEN EMERSON, M.D., Professor Emeritus, Public Health, College of Physicians and Surgeons, Columbia University.

State Laws on the Control of the Alcohol Beverage Trade, GRANT NICKERSON, LL.B., Attorney at Law, New Haven, Conn.

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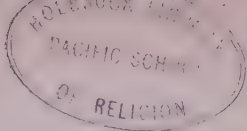
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In This Number - -

*Role of Public School
in Relation to Alcohol*

Popular Use of Scientific Material

Understanding the Alcoholic

Trends in Youth Drinking

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liberty; it is
responsibility"

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THE INTERNATIONAL STUDENT

APRIL, 1945

Vol. XLII, No. 5

HARRY S. WARNER, *Editor*

Seeking a Wider Understanding

By CECIL C. NORTH

Professor of Sociology, Ohio State University

Opening remarks at Forum-Conference, January 24, 1945

AS YOU ARE all quite aware, the question of alcohol has been so highly controversial in the United States that we have become accustomed to think of it in terms of controversy. The men from the Yale School of Alcohol Studies are therefore pioneers in approaching a controversial subject apart from controversy and in subjecting it to as objective and scientific analysis as is given to other social problems.

That it does constitute a social problem is very obvious, but this conference is a recognition of our belief that what we need now on the subject is more light and less heat. And that is the whole point of view of the conference—that we want to understand the problem and to see it in its relation to other aspects of American life.

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The Role of the Public School

In Relation to Alcohol

By FRED C. SLAGER

THOSE WHO have thought at all about the problem of alcohol, have come to the conclusion that fundamentally it is a problem of education, of gaining the coöperation of home, school, and as many of the units of society with which the student is surrounded as possible. We have learned that there are certain approaches that are more effective than others; we conclude that they must be of scientific nature. Mistakes have been made in the past in attempting to over-emphasize the emotional. Now we have to use different methods, and they should be as scientific as possible.

Initiating a Program

In Franklin County, several years ago, some of us undertook to form an organization for the purpose of studying the best program that could be formed for the youth of the county. Various organizations coöperated, something like twenty, in helping answer the question, How can we best frame an educational program among the youth of the country? The objectives set up, were: First, absolute scientific truth and accuracy of facts concerning the use of alcoholic beverages. Second, confirmation of these facts through direct observation and investigation of the inroads of the liquor traffic on home and community life. It was realized that more data would be continuously essential, and that another problem was to utilize the facts and make them effective in the lives of

Dr. Fred C. Slager is Principal of Central High School, Columbus, Ohio. This article is condensed from his address at the FORUM-CONFERENCE on "A Modern Educational Approach to the Alcohol Problem," at Ohio State University, January 24, 1945.

youth. Third, the establishing of a social and recreational program of vital interest and appeal to youth. It is of little good to appeal to youth in a negative fashion, to avoid doing this or that; the approach must be positive and should substitute healthful and high-class programs of entertainment for those not desired.

This program, I think, has had continuing effect. It put us in position to encourage its undertaking throughout the state, and especially to encourage the entering of Mr. Hamlin into his state position.

Approaches Used

Various approaches have been tried. One was through the high school assembly; that, we felt, could not be as effective as others; we urged that it not be used where others were possible. We had Mr. Hamlin meet our science classes; here in Columbus all students take general science. In a day he would meet a series of groups, our general science and biology groups, 80 or 90 pupils, in the atmosphere of the biology and science room; we tried to preserve that atmosphere. This type of set-up, we believe, is most fortunate.

First, we had the interest of our teachers; they were concerned about the problem of alcohol education from the scientific standpoint. Before the group meetings we furnished our science and biology teachers with all the materials available; emotionally they were much concerned, and we feel that we had rather an ideal atmosphere. Prof. Hamlin's program is much that of answering the questions that are asked by boys and girls. We get these questions before he comes and submit them to him. My own feeling is that this is proving to be our most effective procedure educationally in the schools today. We have a large amount of splendid material, but we need to understand their specific questions, and when we can set them up in the atmosphere of the science room, that is as near an ideal situation for the instruction as we can get. I am convinced that our most effective approach is in following these guiding principles. In our chemistry classes there is an ideal opportunity to do this, as it relates itself to chemistry. In physiology we can bring to bear the physical facts and those that relate themselves closely. Zoology can be treated in the

same way; also the social studies. In some schools students are required to take a year in the problems of democracy. There again in the unit material that is being developed would be a most opportune time to have two or three units upon the social and economic effects of alcohol in the community and society. We should undertake to get the definite scientific facts that are most clearly with the interest of youth, in an educational atmosphere.

I do not believe that we can stop, even after we have given the facts that relate themselves to those specific areas, and have presented them to those specific groups and have them informed as to the harmful effects of alcohol. We must sell this program on the basis of its effect on human personality, of what it does to help the youth, what it does to improve social and economic opportunities for youth. If we cannot sell it there we cannot sell it anywhere. We must go beyond the negative idea of moral reform and the "Thou shalt not" attitude.

We must recognize the social influences which are so hard for youth to turn down. Occasionally we go into Hi-Y groups with a program of this nature. A year ago, at one of these groups, one chap from the high school said, "I have some very close friends, three fine fellows that I have grown up with. They all drink. They want me to drink. What's the answer to that?"

We must provide social opportunities for these boys and girls. We are doing too little of that in our schools, in our social organizations. Some groups in Columbus have undertaken to do something. I think in the schools we must provide more social opportunities for boys and girls to keep them away from these other influences. The school can do much in coöperating with youth groups, outside of school hours in the way of athletic programs, basket ball, all sorts of sports and recreation. More could be done in our physical education classes to impress upon boys and girls the desirability of physical fitness. I don't know anyone who appeals more directly to a boy's sense of physical fitness than a good coach—a good coach who is a good man. Billy Southworth a few years ago, said that if any man of their squad ever presents himself, unfit to participate, he is through. They will not tolerate the use of intoxi-

cants. We must emphasize more the physical health and fitness angle. There is an innate pride in our physical personalities that we can take advantage of.

Another place where this program can fit in, is in the program of nutrition. At the high school level we have classes in nutrition, but they reach only a limited number who elect it. But through that subject we can teach the proper use of food, and show the lack of food value that is represented in alcoholic beverages.

We have used another approach. We get together source and reference materials and make them available through our libraries—including health charts. Our own Board of Education is willing to cooperate.

Most of all, adults need to set an example that will be carried in the lives of our boys and girls. I don't think it makes much difference what sort of a program it may be and how it may be set up, unless we have the personality of the individual teacher. Unless we have the effect of their own personal example, we will not win the pupil. We will have to set the example if our teaching is to be effective. I recall a school teacher I once had, in a country school. He was a big, broad-shouldered chap, physically a splendid type. I did so greatly admire him. In physiology we came eventually to the problem of smoking. He presented one of the finest lessons in the harm of smoking. I used to walk home with him, and he began to smoke as soon as we were out of the school property. That made a lasting impression upon me because of the inconsistency of it. Whatever instruction he might have given during those units in physiology had no influence upon me. There is no substitute for personal example upon the part of the teacher, or the individual in the home.

THE GOLDEN PERIOD in educational effort is in the elementary grades, in the combination of school and family. There are certain things which can be accomplished at the high school age, but there you are dealing with the minority, not the majority. The incidence of drinking among girls is becoming quite common; if not checked, the number of women alcoholics will equal the number of men alcoholics.—HOWARD E. HAMLIN.

Popular Use of Scientific Information

Regarding Alcohol

E. M. JELLINEK

THIS SUBJECT has come to me as a new one; I have never given it much attention. Not being acquainted with it, I have had to begin from scratch: What does it mean to popularize scientific material? For whom is it to be done? While the subject is alcohol, what of the vast material relating to it should be so used?

The obvious thing, first, is to translate technical material into non-technical language. But that which is non-technical language to one is still technical to another, and so the question for whom is relevant. The further removed the background of the persons for whom one popularizes, the further one will have to go into original terms. And this may go on until we come to the level which is represented by itsy-bitsy demons turning somersaults on a tight rope. I have no knack for turning things into terms of the Big Bad Wolf.

Degrees of Popularizing

We are interested at Yale in a certain degree of popularizing into non-technical language, but we have a very definite audience in mind; that is, interested people from different fields, who require less technical presentation. We have issued a number of pamphlets, dealing with such subjects as "Alcohol and Heredity," "Alcohol and Nutrition," "What Happens to Alcohol in the Body," and "Alcoholic Cirrhosis of the Liver," to bring these subjects into the language the layman will understand, the minister, the high school teacher, the so-

Condensed from stenographic notes of a lecture given at the FORUM-CONFERENCE, Ohio State University, January 24, 1945.

cial worker. They are interested; they need the material in less technical form so they can express it to others. This they can do better than we can, knowing the public they have to deal with.

But in some cases we have a larger public in mind. We want to get the people actually interested; to spread knowledge about the drinker, the drunkard and the possibilities of the rehabilitation of the alcoholic, and the psychological effects of alcohol. This information should go to a wider audience. With these subjects we have tried to go to the next level of popularization by getting away from abstractions. In the pamphlets written for teachers we did not need to refrain from abstractions. But here—to reach the wider public—we had recourse to the device of touching on various subjects in conversational form; in the form of persons sitting, thinking and talking the matter over.

Material to be Presented

If your interest lies in the type of material to be presented in simple or less-technical language, we will have to determine, first, for whom, high school or college, or other group. One type of material is that relating to the oxidation of alcohol, which can be brought in through study of physiology.

Traffic Accidents

Another which deserves very great attention in popular affairs is the relation of alcohol to traffic accidents. It is of great value to bring out this information, because it is so actual. It is a matter to which any student, as he crosses the street every day, is many times exposed. It is not something, like cirrhosis of the liver or degeneration of the stomach that is thought of as belonging to the far-future; it relates to something that may happen the next day. And it is the kind of material that is useful in bringing out the idea of social responsibility in connection with this subject.

Depressant, Not Stimulant

There is another subject that I should like to see well popularized. It needs popularization. It is the idea that alcohol is not a stimulant, but a depressant. This information is very

(Continued on Page 142)

Understanding the Alcoholic

By GEORGE T. HARDING

OUR CONCEPT of the alcoholic has changed in recent years from a picture of a disgusting, dissipated, deteriorated, old sot or habitual drunkard, or the socially unacceptable behavior of the acutely intoxicated individual who often went on sprees, and sometimes drank himself into the disturbing and occasionally fatal experience of acute alcoholic hallucinosis or delirium tremens. We are still concerned with these problems which represent the extreme in certain respects, but we are more concerned with the larger and therefore more important group of alcoholics whose excessive drinking is symptomatic of maladjustment in their personality and whose drinking is primarily an attempt on their part to ease the friction between their own maladjusted personality and the outside world.

For clarity's sake it should be stated that occasional drinking does not, in itself, constitute alcoholism nor the occasional drinker, an alcoholic. At least for our purposes the individual who drinks liquor in some form at social gatherings or on some particular occasion is not an alcoholic. At the same time we would not make the test a quantitative one, for some individuals react abnormally to relatively small amounts of alcohol, becoming acutely disturbed, due to their low tolerance, while other individuals carry on their daily program with no immediate apparent effect on their personality in spite of their pint and a half a day—or more. On the other hand we do include as alcoholic the periodic or spree drinker whose sudden out-

Dr. George T. Harding is Professor of Clinical Psychiatry at Ohio State University and Director of the Harding Sanitarium, Worthington, Ohio. This article is from the address by Dr. Harding on "Understanding the Alcoholic," at the Forum-Conference at Ohio State University, January 24, 1945, Dr. Jonathan Forman, Editor, *Ohio State Medical Journal*, presiding.

bursts of drunkenness may unexpectedly appear after a prolonged period of absolute sobriety or abstinence.

One of my first introductions to the study of the alcoholic was the reading of a book, just then published, by Richard R. Peabody, in 1930, "The Common Sense of Drinking." In this little book, which had a wide influence, Peabody attempted a scientific approach to the problem; described drinking as a manifestation of the wish to escape from reality; expressed the belief that as a background to almost every case of chronic alcoholism there existed an inner nervous condition akin to the unreasonable feelings of anxiety and inferiority suffered by the abnormally nervous. He pointed out that reality must be faced unaided by alcohol or any other drug and for his definition of chronic alcoholism said, "For practical working purposes I draw the dividing line between those to whom a night's sleep habitually represents the end of an alcoholic occasion, and those to whom it is only an unusually long period of abstinence."

Some authorities think of the alcoholic in terms of drug addiction and point out that both have a similar basis. Both alcohol and drugs are taken because of internal maladjustment or emotional unrest. The alcoholic differs from the individual who drinks liquor on some special occasion because of its real or imagined effects, in that the alcoholic feels so insecure internally that he regards the use of alcohol not as a social custom but as a means of moral support, and the habit becomes so fixed on him that he cannot break it—in other words, he becomes addicted to alcohol. It is not the simple taking of the alcohol but the basic instability in the individual which makes him require it, that constitutes the alcoholic.

While there are many ways of describing this basic instability, characteristic of the alcoholic or potential alcoholic, it is recognized that the common characteristics are primarily those of a type of personality which we call neurotic. In discussing alcohol and drug addicts Weiss and English state:


"Many narcissistic persons are unable to find enough emotional satisfaction and so resort to alcohol or drugs which dull the pain of reality and give them gratification in fantasy. Every alcoholic has some form of neurotic character disturbance. They have a longing for affection which they cannot gratify. They have social anxieties and often live a

(Continued on Page 152)


EXCERPTS from the FORUM-CONFERENCE

At Ohio State University, January 24, 1945

WE NEED to get busy with education in character. People cannot be led unless they wish to be led. I want to know what young people are thinking. Purdue put out a questionnaire to 4,500 boys and girls in high schools. One question was: Should or should not the schools put chief emphasis upon training for character and citizenship; 85 per cent answered yes, 7 per cent no, and 8 per cent were uncertain.—DR. BLAND L. STRADLEY, Vice President, Ohio State University, introducing a speaker.



IN ANSWER to a question in discussion, Dr. Selden D. Bacon expressed the opinion that about 50 million persons over 15 years of age are now drinking. "Drinking is tied in closely with cultural factors. Drinking comes out of the cultural substructure and is permissive for most of the country. If the problem is limited to alcohol, that is one problem. If it is to abate and palliate and try to cure alcoholism, then you have another problem and the factors may be somewhat different."



OUR EDUCATION ought first to stress the glories of normal, healthful living. Then we will emphasize the desirability of the individual's freedom from the abnormal stimulation of habit-forming narcotics. We must safeguard individuals, and especially youth, from the ravages of the liquor habit. Excessive use of liquor weakens the body, dulls the intellect and moral senses, corrodes the soul, and decreases the individual's chances of economic success. In general it results in lowering the standard of living for the victim's family. Alcoholism, with its increasing number of tragedies, must be faced.—Statement, read by Dr. B. L. Stradley, Ohio State University, opening session.

I AM INTERESTED in the prevention of alcoholism, in preventive work in the field. I am much interested in outside activities for young people of high school age, because I believe that most alcoholics start their drinking in high school years.—HOWARD E. HAMLIN, Ohio State Board of Education.



MY WORK has been in the field of medicine and the field of nutrition. We may compare the human body to an engine; for its work alcohol and white bread and sugar are very poor fuels, requiring for their consumption things they do not carry with them. We lessen the efficiency of our bodies by the consumption of these unwholesome foods. We live in a stimulating environment. Sometimes we hear people say that it is only those nations that drink hard liquor that get things done. But there is no relation between the fact that some people in this part of the world drink hard liquor and the fact that nations living in this part of the world have energy and get things done. Many people drink hard liquor to their damage.

A great deal of science must be popularized, and it must be popularized by the people of the better sort. We are never going to get whole bread back into the diets of the poor until the rich people use it.—DR. JONATHAN FORMAN, Editor, *Ohio State Medical Journal*.



Asked in discussion whether alcoholism is more serious among Negroes than among whites, Dr. Bacon said: "For a great many there is often less inhibition, less restraint, less tension than there is in the middle-class white family. As Negroes come from the South to the North this sort of personality problem increases. If a Negro gets drunk, gets into trouble, heavy sanctions are brought to bear. In New Haven, I would say that fewer Negroes get drunk than whites. You have been taught to observe certain courtesies; this is quite a strain; takes extra effort, a little pressure. With alcohol, that sensitivity for controlling yourself, that little extra effort, begins to drop."

Social Drink Patterns

For and Against

WHAT ARE the pressures, social, hereditary, environmental, that drive a man in the direction of alcoholism, and why alcohol and not some other drug?

The answer to the latter question, according to Dr. Myerson, is that alcohol enjoys a positive social acceptance that morphine, for instance, does not. Not only is alcohol accepted, but the dominant cultural pattern even tends to encourage its use. Moreover, it is the only drug which is extensively advertised and openly sold. It is the product of a great industry with millions of dollars to spend in promoting its use and fighting attempts to curb its sale. Such social pressure as there is operates in its favor, although there is an easily discernible social ambivalence (*acceptance combined with rejection*) in the attitude of society as a whole towards it.

The dominant social pattern encourages its use, but there is a lesser cultural pattern which frowns upon it. In other words, the social pressure to use alcohol is stronger than the social pressure not to use it.—*The Bulletin* of the Research Council on Problems of Alcohol, November, 1944.

POPULAR USE OF SCIENTIFIC INFORMATION

(Continued from Page 136)

difficult to "put across" to the public. People say, "I do not become calm when I drink; I do not see others becoming calm." But alcohol depresses and decreases the functioning of the brain centers. It is not sufficient merely to tell them this fact; they say, "I cannot believe it." In a certain high school a speaker, talking about the psychological effects of alcohol, told the students how it decreases efficiency in each and every case. A student answered, "But I know a man who performs better, drives better and more reliably, only after he has had a highball." The speaker was not able to explain this phenomenon. That detracted enormously from the effect of what he had told about efficiency.

But this phenomenon can be explained, and the explanation needs to be popularized. The fact that alcohol is a depressant and the fact that its use by some people apparently is followed by an increase in efficiency, can both be explained. I have used the following illustration: I have a spring of a certain tension in a box, held in by the wall at one end and by a door at the other. If I break the door, the spring pops out. I have not increased the efficiency of the spring; I have not increased its tension; I have only taken away a barrier and the spring has functioned with exactly that degree of force which was inherent in it. But it would be a very different matter, if I should reach into the chamber and twist the spring, increasing the tension until it bursts the door. That would be stimulation. Instead, I have depressed the door by breaking it, and the coil, without any increase in capacity, has popped out. That is what actually happens when alcohol is taken. Alcohol breaks in the door to the brain that keeps the inhibitions in apple pie order; with the door gone, the little inhibitions pop out. Self-awareness and judgment are lost; and this loss makes it possible for some persons to perform at a higher level than they would otherwise reach because of some feeling of inferiority.

Here is the paradox. Jack, let us say, has inherited the ability to climb a 40 foot pole; he does it when alone, but when he

attempts it in competition with others, he is inhibited, lacks self-confidence, gives up. After a highball or two, he climbs, but not to his full capacity. When unobserved he can climb 40 feet; now, he gives up at 30 feet, because, although his barrier has been removed, his motor coördination at the same time has been impaired. If we may say so, at the time his efficiency has been increased it has been impaired. Actually it has been impaired, because the impairment of his motor coördination may be sufficient to limit for him the possibility of performing to his true capacity. On the other hand, it was the drink that made it possible for him to perform at all. That puts him into a dangerous situation; he relies on alcohol for help, takes more and more, and becomes dependent upon it as a crutch. Without alcohol he had always the possibility of developing self-reliance and of performing at his full capacity. These facts can all be brought out in popular form.

How Arouse Interest

Popularizing may have a much greater aim than to make a matter understandable, or to furnish interesting information. It may arouse interest in an idea which is outside the ordinary field of thinking of a person to such an extent that he will not only accept this strange information, but be ready to integrate it into his knowledge; to make it a part of his thinking, a part of the directive of his being.

Now if interest is to be aroused to such a degree that the person to whom the information is directed is to make it his own, I do not think it can be done by appeal to cold reason. To speak about cirrhosis of the liver or alcoholic mental disorders will not strike a chord in the public in which we want interest to be aroused. If you tell the people that there is a famine in a certain country, that the crop this year was 62.3 per cent below that of last year, they will say they are sorry; they will not be stirred to action. If you want them to write checks you have to show them starving children. In the best sense you have to arouse emotion. You will not arouse interest in the group who are indifferent to the problem of alcohol by talking about per capita consumption; it will leave them cold. It means much to you, it means much to me, but nothing to the indifferent. But show them the alcoholic, what he

was as a man before he became an alcoholic, and that it is possible to bring him back; that will strike a responsive chord. You can do this with full justification, for if you attend a meeting of Alcoholics Anonymous, you will find what excellent material has been salvaged.

If you are able to bring the people whose interest you have aroused through the man who is an alcoholic, to the realization that there is not just one, nor ten, nor a thousand, but nearly a million alcoholics in this country, they will ask, if they have the least bit of intelligence: "Why? How is it possible that this could happen?" They will want to know how these millions became alcoholics, what social factors, economic, physical and psychological factors are at work leading them to become alcoholics. Having aroused sympathy for the alcoholic you have opened a door for the information you want to give and were not able to give while you did not have that opening.

Solving Mental Conflicts

A METHOD of solution that *is worse* than the conflict itself, is the use of alcohol or drugs. These narcotics have a pleasing effect for a short period, but their use in the long run serves to intensify rather than to relieve disagreeable mental states.

Fortunately there are right ways of solving mental conflict, the method depending upon the nature of the conflict and the age and nature of the individual. A well-integrated individual can best solve his conflicts by the use of reason. By calmly considering all the elements causing his conflict he can reach a decision as to what lines of action may best be pursued.

—HORATIO M. POLLOCK, PH.D.,
N. Y. State Department of Mental Hygiene,
in *Mental Conflicts*.

Trends in Youth Drinking

In England

A Factual Survey

THE OBJECT of this survey was *to establish* how, when and where young people consume alcoholic drinks, how the habit of drinking and pub-going is established, and at higher levels, how juveniles and youth behave in pubs.

Two London areas, one in the Southwest and the other in the East End, were made the subject of the survey, with check studies in a South coast port, Worktown, a Devonshire village, a docks area and the neighborhood of a London railway terminus and a market. The questionnaire method was used only in parts of the survey; the subject was brought naturally to the children in the course of conversation; statements in school essays, verbal questioning of groups and accounts from Mass-Observation's National Panel of 1,500 volunteer informants all over the country were sources of information. All methods employed led to much the same results. It is therefore believed that as accurate a picture of juvenile drinking has been obtained as is possible under the difficult circumstances of wartime 1943.

The survey traced the present drinking habits of adults back to the attitude of those surrounding them in their youth, illustrating with a series of case histories the effects of the various types of upbringing. It established the conclusion that the majority of children have tasted alcoholic drinks well before the legal age for entering public houses.

Condensed excerpts from *Mass Observation: Report of Juvenile Drinking*, a Social Survey made by MASS-OBSERVATION, London, England, 1943. Published by The Livesey-Clegg Youth Club, 44 Union St., Sheffield 1, Eng.

Age at Beginning

In London three-quarters of the children between the ages of 7 and 14 said they had tasted beer at some time. Of 40 children between 15 and 17 interviewed informally on the streets of Fulham and Stepney, only three girls had not tasted some alcoholic drink. It seems clear therefore that in London the great majority of children have tasted beer or some other alcoholic drink before they reach the age of 14. The results from other parts of the country are very similar.

Here are examples: Of 50 boys between eight and a half and nine and a half, at a Junior boys school in South Wales, 68 per cent had tasted beer at some time, 32 had not. In the great majority of cases the taste seems to have been a small one, or a slightly larger on a festive occasion. From a village school in Kent, in a class of 36 between the ages of 7 and 11, 72 per cent had tasted beer, 28 had not. In two classes of 12 year olds in a middle-class school in Devon, where essays revealed that an unusually strong feeling against alcoholic liquors prevailed, the children coming from the middle class, 56 per cent had tasted beer. In a County school of girls evacuated from the South coast of Wales the percentage was 84.

It therefore seems to be established that among the working and artisan class at least somewhere between a half and three-quarters of children have tasted some form of alcoholic drink before they are 14 years old. This is a conservative estimate. Among middle-class people the proportion is probably lower, but certainly not much under half. By the age of 18, the great majority have tasted alcoholic drinks and a very considerable proportion have come to like them.

Drinking Occasions

The most frequently mentioned occasions on which children take their first alcoholic drink are festivals and parties, especially Christmas. Such occasions were often mentioned spontaneously. One hundred and eight boys who had been asked when they had their first beer, answered as follows:

Parties	27%
Christmas	25%
During illness	16%

From relatives	12%
During evacuation	6%
Asked to taste it	4%
On the sly	3%
Other occasions	7%

"At a party at our house, my sister was married," said one boy. "A friend near us had a party," said another, "my Mam gave me a little." "Last Saturday night, big sister's birthday." "My sister got engaged (to a soldier); we went in the saloon bar. Sometimes they ask our age, but they let us go in." "Yes, of course . . . you should have been at my brother's wedding." "My Gran and Grandad gave it to me. I went in the pub on Sunday because Dad's in Egypt."

The great majority of children are first introduced to alcoholic drinks by their parents. In London mothers were more often mentioned than fathers, doubtless due to the fact that fathers were away in the armed forces. In Devon, where fathers were engaged in agriculture, they were more often mentioned. It is usually only a sip from father's or mother's glass which children say they have had, but the sips are often at frequent intervals.

Regional Differences

In London children are given beer to drink much more than in other places. Drinking starts usually with a sip of the parent's glass at an early age; by the age of 7 most children in Stepney and Fulham have tasted beer. At first it is given only on special occasions—Christmas, a party, a marriage—usually by the mother rather than the father, and nearly always at home. Later, beer is given more frequently, especially to boys, until it becomes almost a routine matter for the boys to have a small drink in some houses. In others, it is less regular. Girls usually drink less than boys. By 11 or 12 boys tend to hang about the entrance to pubs, in hope of being given beer by someone they know.

Later still, from 14 or more, drinking becomes more a matter of course, and the question is not whether the child has drunk, but how often. Then beer drinking tends to become independent of the parents and as much at pubs as at home.

The first reaction to beer is often that it is all right, but that it has a bitter taste; often there is a frank dislike to it. This reaction occurs less frequently after the age of 10, presumably as the child gets accustomed to the bitter taste. By the age of 14 it is rather exceptional for a London child to dislike beer. For a child under 14 to be taken at all regularly to a pub is unusual. The nature of the replies about liking beer suggests that many children feel they should like it, even if they don't, and that those who at first dislike it overcome that dislike as they get older.

In a seaport town surveyed there is quite a difference. It is comparatively rare for children under 14 to have tasted beer, and it seems never to have entered the heads of some youngsters that it was a drink they *could* have tasted. Boys over 14, usually had tasted beer, but girls often not; the age for regular drinking is later than in London.

In Devon cider is an alternative drink to beer, is considerably more popular among children than beer. Fewer under 10 have tasted either cider or beer, than in London, but most boys above 10 have had one or the other. Fathers are the parent who gave it to them, often when they went to market, or took the midday meal to their fathers in the fields.

In Worktown more children have taken beer than in the Seaport or Devon, but fewer than in London. The distinction between boys' and girls' drinking is fairly well marked. The drinking rate among adults is high, but there is also a stronger temperance education than in other places investigated. Remarks such as the following are frequent:

"I've never tasted it and I don't want to." "Some men get so drunk and spend nearly all their money." "It's silly to go to pubs. For one thing you're no better off, and all that money is wasted." "I think it's idiotic to go to pubs and spend money and get drunk." But as in most places small children in Worktown are given a sip of beer on some special occasion, often with the injunction that they are too young to have more. By the time they are 14 probably three-fourths of the boys and half of the girls have had beer. But between 10 and 14 many come in contact with temperance education; in many cases this takes effect temporarily.

From 10 on there are, typically, two influences at work: (1) The custom of the neighborhood and of the parents which treats drink as all right for adults, but not for children; yet something which children may partake of as a treat. This may be expected to make the child want drink. (2) On the other hand, schools and Sunday schools stress the evils of drink, particularly that it is a waste of money. The feeling of the adults that it is all right does not appear to be so strong as to resent this teaching. Part of the younger generation is thus consciously refraining from drink. Worktown was the only area in which less beer-tasting was found among the 14-18 age groups than the younger groups, and though the difference is within the margin of statistical error the quality of the replies suggests that it is a real one.

Introduction to Saloons

The most frequent introduction which children have to the inside of public houses is through the off-license. Both in Fulham and Stepney it is a habit for parents to send their children for bottles of beer. "My mam sends me nearly every Saturday and in the weekdays, too, and gives me a little bit." "I go to the pub, but only into the jug and bottle part." "Yes, I've been in the pub—in the off-license to bring beer for my father." "Lots of times to fetch beer for my dad, and mam too. But I've not had any beer in a pub." "I've been in a pub, just to take the bottles back." Thus, at any age, many children in London are sent to the jug and bottle entrance; there is little sign that they look on this as in any way different from any other shopping expedition.

In Stepney and Fulham children are often left to wait outside pubs for their parents, usually on the pavement; yet they frequently come into passageways, see their parents drinking and the inside of the pub. In the evening this is encouraged by the black-out curtains between bar door and passage door.

War Time Changes

The war has made revolutionary changes in both the age and sex distribution of public house drinkers. The proportion of women in public houses is about three times as large as it was in 1938, in the industrial areas surveyed. The proportion

of pub goers under 25 has risen in Worktown from about 7 per cent to about 40 per cent, in London from about 3 per cent to 18 per cent—an increase to nearly six times the pre-war figure in each case.

The young people in London were asked what they thought of going to pubs as a way of spending an evening. Results were:

OPINION	PERCENTAGE GIVING OPINION		
All right	44	37	41
Bad	38	33	55
No opinion	18	30	24

For the most part youths did not feel at all strong about the matter, either way; many replies suggested that the opposite answer might well have been given under different circumstances. "It's all right for those that like it." "On occasions." "If you've got the money. But I'd sooner go to the movies." "Don't care for it a lot."

In general it seems likely that young people have drifted into the pub-going habit rather than taken it up as a satisfying way of spending an evening. Answers to the question, "Do you go to pubs more, or less, or about the same as before the war?" the tables show a tendency for the younger generation to have increased its pub-going considerably more than the older; and for young women, in particular, to have begun frequenting the pubs much more than before the war.

The prejudice against young women frequenting pubs is rapidly diminishing. Only a quarter of the younger generation expressed themselves as unfavorable to the idea of young women going to pubs, compared with twice as many older people. When it is considered that nearly one-fifth of men and two-fifths of women do not go to pubs at all, and that there are more pub-goers among the under-thirties than the over-thirties, the extent to which the idea of young women frequenting pubs has become accepted, especially among the younger generation, is evidence of a remarkably quick social change. However, there is still a strong body of unfavorable opinion, based only rarely on the suggestion that young women will get intoxicated, but much more frequently on the idea of the moral dangers, the stigma of visiting pubs, and that it is not a "lady-

like" occupation. Many still feel that it makes a girl "look cheap" to visit pubs.

The general war-time picture is one of greatly increased pub-going among the younger generation and among women, though the effect is exaggerated by a decrease in pub-going by the older generation and among men. Pub clienteles are becoming younger and more equally balanced between the sexes

1945 School of Alcohol Studies

At Yale University

THE SCHOOL of Alcohol Studies of the Laboratory of Applied Physiology, Yale University, has announced the program of the coming summer session, the dates being July 10 to August 3, 1945. It is to be a concentrated course of advanced instruction, lectures, seminars, discussion groups and reading on the alcohol problems of today, under the leadership of the highest university and institutional experts in all fields related to the problem. The curriculum, designed for teachers, school administrators, ministers, welfare workers, public officials, writers and others, includes thirty-seven lectures, grouped under seven headings: I, General introduction; II, The effects of alcohol on the individual; III, Mainsprings of the use of alcoholic beverages and of inebriety; IV, Factors in the prevention of inebriety as presented by sociological analysis; V, The effects of alcohol on society; VI, Measures of control applied in the past; VII, The treatment of alcoholism.

The purpose of the school is expressed as follows: "The prevention of inebriety through civic activities has been seriously hampered in the past by the lack of a sufficiently large number of persons who have a broad and scientific understanding of the problems of alcohol and who could qualify as leaders in their communities." Attendance is limited to 150.

UNDERSTANDING THE ALCOHOLIC

(Continued from Page 138)

solitary life. They can love no one but themselves so that they derive little real satisfaction from hetero-sexual activities. Consequently they may renounce sex entirely and find happiness and satisfaction only in overindulgence in alcohol. When they are under its influence their self-esteem is raised to a tolerable level. Then they can be friendly, especially with those of their own sex, but because of their unusual sensitivity, irritability is likely to break through on slight provocation."

While it is often true as Menninger wrote: "The alcoholic addict is quite often a lovable, charming fellow who has never grown up, who is utterly dependent for his existence upon love administered to him in a maternal fashion," it is more often found if the individual is intensively studied that his personality traits are preponderately those of an introvert rather than an extrovert. While many out-going and sociable individuals drink, the serious heavy drinking is apt to occur in the individual who looks inward and is not a sociable person. It is this lack of ease which too often offers the first excuse for their drinking in order to make their contact with their fellow men easier and more pleasant. In a sense they need something, and for the lack of something better they turn to alcohol to heighten the pleasures or dull the pains of reality. It will be observed that such individuals utilize alcohol as a means of facing their own realization of their inherent inadequacies as well as the varying and painful realities of the world outside.

The personality traits or qualities of the potential alcoholic have recently been described by Tiebout as follows:

1. An unconscious drive or need to dominate.
2. A prevailing, negative, hostile feeling tone.
3. A capacity for ecstatic peaks, in which all hostile emotions become temporarily submerged in an overflow of positive affirmative feeling.
4. A sense of loneliness and isolation.
5. Feelings of inferiority and superiority which exist simultaneously.
6. Striving for perfection.

With all of these unconscious and often conflicting drives present in the potential alcoholic, it is only natural that he would be more susceptible to the invitation to try something which the public recognizes as having a certain socializing value. The realization of this immediate effect of his drinking with

his resulting social ease and satisfaction has a much more significant effect on the potential alcoholic than it does on the average person. The potential alcoholic, with his deep and inner need for something to make him feel important, to permit expression of his hostile but inhibited feelings, to overcome his sense of loneliness and isolation as well as to allow expression of feelings of superiority to replace those of inferiority, creates a demand for restitution of his drinking. Actually, as Strecker has so well described:

"This urge is a demand for regression to lower levels—levels of lessened responsibility, immaturity, and finally fantasy. Here we are dealing with something very ancient, as old as alcohol itself: the ever present necessity for a technique which may be relied upon to blur the sharp outlines of reality and to soften its hardest blows. That the journey to regressive levels is the *raison d'être* for pathologic drinking is obvious. Even in more or less normal social drinking, alcohol quickly dissolves for the drinker the garments of sober responsibility and years, and temporarily reclothes him with the vestments of care-free youth. In pathologic drinking very deep levels of regression are commonly observed, even descent to the level of infantile helplessness with abandonment of control of the ordinary bodily functions."

It may contribute to our understanding of the alcoholic if we consider for a moment the usual chronological effect of alcohol:

In the average person alcohol can produce a certain euphoria, and make the world seem rosy. It loosens the tongue so that the individual can speak and act with greater ease and less self-restraint. It removes self-consciousness and awareness of one's own faults or failures. It lessens fatigue, but also decreases endurance. The individual who is blue and discouraged may temporarily feel somewhat cheered; the lonely isolated personality may forget his longings for the moment; those who have sexual inhibitions and conflicts may remove their inhibitions under the alcoholic relief, though the realization of their goal may exact a terrible price in the end.

Even if we admit, as some do, that alcohol serves some useful purpose in certain situations or individuals, we cannot deny that it is a most dangerous drug and since it enjoys social acceptance it is not regarded as other habit-forming drugs, such as morphine. Even more dangerous from the standpoint of future citizens is the fact that its present acceptance and wide usage makes unlimited millions available to an industry which uses the money effectively to promote its use and to discourage educational attempts to emphasize its dangers. While there have been times in the past when the predominant social pressure was in favor of abstinence or at least moderation, the more liberal standard of a war time period tends to encourage drinking on the part of a larger number of people and the universal worry, tension and responsibilities, serve as an excuse for overindulgence.

In our attempts to understand the alcoholic we must consider certain other questions which are often raised. Either as an excuse or explanation we frequently hear the remark "It runs in his family." The unfortunate part is that the discovery of this kind of a "run," is too often an excuse to start another instead of to stop the one already started. We cannot deny that in some families, as well as in certain social, racial and cultural groups, there is a higher incidence of alcoholism. Nor can it be denied that some individuals inherit a more unstable nervous system than others—one which is less likely to be resistant to alcohol but also to any other drug and nervous reaction. However, it is definitely known that while some individuals inherit a constitution which predisposes them to tuberculosis, tuberculosis itself is not inherited but only the susceptibility. With this knowledge, the intelligent person ought to take steps to avoid exposure to tuberculosis and to cultivate habits which will prevent it from developing. We can make a flat denial of the direct inheritance of alcoholism and refuse to accept it as an alibi for drinking.

In regard to other influences within the family, we cannot so quickly dismiss, without blame, the parents of a child who by their injudicious habits and attitudes toward alcohol and its use, too often lay the basis for future indulgence and sometimes ruin. However, it is probable that certain non-alcoholic attitudes on the part of the parents have more to do in determining the alcoholic-to-be, for studies of the life history of alcoholics tend to show certain common early childhood experiences, as well as attitudes on the part of the parents. It is clear, for example, that excessive loving protection and, at the same time, unwise domination and authority, so retard the child's spirit and independence that when it arrives at the chronological age when society expects adult behavior, the individual reacts with emotional immaturity and frequently open revolt. The child of loving but dominating parents is more often an only child or one somewhat isolated by age or sickness from his siblings, who has become so dependent on one or several members of the family that when emancipation is expected of him because of his chronological age, his attempts to assert himself and his independence are apt to be but futile and inadequate gestures. Perhaps he finds the world of reality unfriendly, or less sympathetic than his doting mama, to whom he either turns for further sympathy or too often, to a chemical equivalent, the narcotizing and therefore somewhat more comfortable atmosphere of the alcoholic state.

Parental attitudes should include the realization that normal and mature personality development depends upon a gradual emancipation of the child from parental authority. While too sudden or too early setting free of the child may result in some hard knocks in the school of experience, prolonged protection inevitably results in a relatively feeble adult personality. Equally important in determining the future stability of the personality, and therefore the susceptibility to alcohol, is the matter of consistent parental attitudes. The child whose parents breathe hot and cold, warm affection and cold criticism, whose response to a situation may be a hug at one time and a cuff the next, never knows what to expect of his parents or later of life in the outside world. The effect on the child in meeting an unpredictable parental attitude is to encourage the insecurity and inferiority, the emotional instability with its mood

swings, the craving for love and the feeling of isolation, which is so characteristic of the alcoholic. The overprotected child, when he faces a situation which tries his courage in adult life, is inclined to turn to alcohol in place of the mother as a refuge. The perplexed child, meeting adult situations, finds alcohol a readily accessible and easy way of dissolving the conflicting attitudes of approval and disapproval which have always troubled him. What is more important to emphasize is the fact that while we may be susceptible because of an inherent unstable nervous system, or conditioned by early childhood experiences, our insecurity, inadequacy, and fears have been educated into us, and it is within our power to educate them out again.

Another problem of tremendous importance to young people in meeting the alcohol problem is the dominant social pattern of our times which includes the social pressure of the group to accept social drinking. The importance of this particular pressure is increased by the fact that it comes at a time when the young person is least prepared to meet it.

I have talked to hundreds of students in the University who have told me that they were opposed to drinking, that they only accepted alcohol because they were unable to resist the social pressure of their group. Unfortunately, the same individual who finds it hard to be in the minority, to resist the pressure of the larger group, is too often the one least able to resist the tendency to become alcoholic. It is the exciting, stimulating, pleasurable surroundings of college drinking, even when it is done in moderation, that makes it a particularly dangerous influence in later life when individuals unconsciously try to recapture the thrills and excitement of their youthful pleasures and recall the romantic atmosphere of the fraternity or sorority party or dance, as an invitation to drinking.

We will understand the alcoholics better if we accept in the beginning that alcoholism is not a disease, although all alcoholics are sick. Some do become alcoholic because of other disease or physical handicap, but to them drinking is merely an attempt to relieve physical or psychic pain. Some individuals become alcoholic because of a peculiar sensitiveness to the drug, and a few acquire it as a habit because of repeated indulgences and a lack of any real good reason for staying sober. But the larger group of alcoholics will be better understood if we consider it as an attempt, although a misguided one certain of failure, to correct or modify their own maladjustment and personality, and to make their contact with the outside world less painful or more endurable.

In approaching the problem of treatment we will recognize at the outset that where there are so many different avenues of cause there must be a variety of methods of treatment. We will be forced to put a particular emphasis on education—education of parents in better methods of child training; education of children in the development of character traits which have made our heroes and our great men successful and are therefore proven; education which will prepare the adolescent for the emancipation from parents and the transition to life in the world at large.

If we can educate the child in socially acceptable patterns of behavior we will also furnish him with somewhat adjustable or flexible standards

of achievement, of ethics, and a moral code, which is hard to detach from religious training. We have a further obligation to give the maturing individual the scientific facts with which to support his own moral teachings as a defense against unwanted social pressure. Carrying our program of education still further we will have to furnish men and women everywhere with a better knowledge of their natures; with better means of meeting their biological and adaptive conflicts than the one which society has made most accessible and the alcohol industry the most attractive. In all truth and fairness, we will have to teach them that alcoholism is never a solution for personality problems; that the dice are loaded whenever it is used with this intent; that while it may furnish short time gains in social ease and affability there are apt to be long time losses which any intelligent person must take into consideration as in any business deal.

We can teach the shy and self-conscious people that there are sober methods of attaining social grace. We can relieve feelings of inadequacy by establishing attainable goals and achieving them. We can lose our lonely isolated feelings by losing ourselves in service for others; we can find relaxation from states of tension by exercise and healthy activities. We must accept certain mental and physical limitations and learn to live through discouragements and depressions, remembering that better times are ahead.

All treatments of the alcoholic recognize, as Seliger has so well put it: "Like garlic, there is no such thing as a little alcohol." The alcoholic must be taught that he can live without his alcohol. He must be convinced that it is to his selfish interests to be freed from his habit; he must know that this decision is life-long, and that, at least to him, alcohol is poison.

If we can add to these the unexplainable strength of a moral force, whether it is the protecting influence of an old or new religious experience, or the demonstrated might of an association for good, such as the Alcoholics Anonymous, the will of the individual can be strengthened beyond our explanation, and the permanent cure of the alcoholic made possible.

REMOVE THAT "HANGOVER"

Why don't they make distillers take that "hangover" out of liquor? It is their failure to do so that is mainly responsible for the huge labor loss from "Monday morning hangovers" that keeps war plant workers from their jobs.

Twenty years of experience with alcoholic patients has convinced me that the liquor industry is guilty of either deliberate retention of the hangover elements in whisky, or a lack of research which is amazing for an industry which has annual sales of billions of dollars.—HOWARD M. GOLDSMITH, M.D., Superintendent and Chief of Staff of two Chicago hospitals.

Cult of Toxic Culture

*Seek the Truth
Come Whence It May
Lead Where It Will*

Ultimate Question

WHAT LIQUOR does to a man, who needs to be clear-headed, determined and courageous, with every talent disciplined and fully equipped to respond to the demands life makes on us, is the ultimate question.—PAUL C. JOHNSTON, PH.D., Rochester, N. Y.

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Inferiority Complex--or Social Custom?

Almost every alcoholic nowadays will tell you that he has an inferiority complex; or, if he has read a little deeper, he will find the roots of his drinking in the lack of affection he experienced in childhood. He may even say that he is a masochist, seeking his own punishment, and quite frequently he will say that he is trying to escape. But these are merely clichés which have been incorporated into him by the prevailing mores; they have no real validity.—ABRAHAM MYERSON, M.D., "Therapy of Addiction in Relation to Prevention," *Quart. Jr. Studies on Alcohol*, Sept., '44, 195.

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Schools--Not Taverns--Save Fuel

If it becomes necessary to have another fuel holiday we want enough teeth in it to close the non co-operative liquor establishments.

In the future, if the State Department of Education requests schools to close, it is the duty of the State Liquor Control Board to order night clubs and taverns to close.—MAYOR JAMES RHODES, Columbus, Ohio; *Columbus Dispatch*, Feb. 6, 1945.

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Disturbing Trend

As New York and the rest of the country ride the crest of wartime prosperity, women alcoholics have created a disturb-

ing sociological trend. Arrests of women for intoxication are mounting to new records. In a deplorable number of cases it is found that they have left small children at home unattended, dirty, hungry and bewildered.—*New York Mirror*, Dec. 10, '44.



Women Drunks in Washington

It was disclosed in records of the Federal Bureau of Investigation in Washington, D. C., that the number of women arrested on charges of drunkenness in the United States in the first six months of 1944 was more than five times the total for the corresponding period in 1932. And despite reduced use of automobiles because of gasoline rationing, the number of women arrested for drunken driving in 1942 increased 226 per cent over 1932, the F.B.I. disclosed.

A national increase in drinking, authorities assert, invariably is accompanied by an increase in crime. Therefore it is not surprising that the F.B.I. also discloses that the number of women arrested, on all charges, increased during the first six months of 1944 by 10.2 per cent over the same period in 1943. And in 1943 they increased 12.5 per cent over 1942.—*New York Journal and American*, Oct. 28, '44, article by Gordon Schendel.



Whence Come Juvenile Cases?

We have a great many delinquent boys and girls under 17 years of age. In most instances these boys and girls come from homes that are either broken or are not functioning. Between 80 and 85 per cent of our juvenile cases come from homes where liquor or drunkenness is a primary cause or contributing factor.—JUDGE FRANKLAND W. L. MILES, Boston; radio broadcast, auspices of Boston University.



"Call Up? Which?"

Our telephone directory shows 68 cocktail lounges as against 33 churches, Protestant and Catholic. These facts are probably typical of the United States. Are not such figures of tremendous significance?—Letter to the Editor, from Sacramento, Calif.

THE LECTURES *of the* FIRST YALE SCHOOL OF ALCOHOL STUDIES

SUMMER COURSE OF 1943, CONDENSED

The latest information on the alcohol problem; in popular, condensed form for the busy educator, minister, doctor, student, welfare worker—*the best that science has to offer today.*

CONTENTS

- Science and the Alcohol Problem, E. M. JELLINEK, Sc.D., Director, Section on Alcohol Studies, Yale University.
- The Alcohol Problem: Formulations and Attitudes, DR. JELLINEK.
- An Anthropological View of the Alcohol Problem, DONALD HORTON, Ph.D., Anthropology, Yale University.
- Drinking Mores of the Social Classes, JOHN DOLLARD, Ph.D., Professor, Social Anthropology, Yale University.
- The Physiology of Alcohol, HOWARD W. HAGGARD, M.D., Director, Laboratory of Applied Physiology, Yale University.
- Significance and Determination of Alcohol Concentration in the Body Fluids and Tissues, LEON A. GREENBERG, Assistant Professor, Yale University.
- The Nutritional Aspects of Alcohol, NORMAN JOLLIFFE, M.D., Associate Professor of Medicine, New York University.
- Alcohol as a Factor in Traffic Accidents, DONALD S. BERRY, Ph.D., Director, Traffic and Transportation, National Safety Council.
- Legal Problems Relating to Alcohol and Accidents, DR. BERRY.
- Statistics of Alcoholic Mental Diseases, BENJAMIN MALZBERG, Ph.D., New York State Department of Mental Hygiene.
- The Heredity of the Alcoholic, DR. JELLINEK.
- Youth, Alcohol and Delinquency, REV FRANCIS W. MCPHEEK, Director of Social Welfare, Washington Federation of Churches.
- Alcohol and Public Opinion, DWIGHT ANDERSON, LL.B., Director, Public Relations, Medical Society of the State of New York.
- Treatment of Alcohol Addiction, HARRY M. TIEBOUT, M.D., Physician-in-Charge, Blythewood Sanitarium.
- Contributions of Lay Therapists to the Treatment of Alcoholism, MR. ANDERSON.
- The Ministers' Relation to the Alcoholic, REV. OTIS R. RICE, Religious Director, St. Luke's Hospital, New York.
- The Educational Approach to the Alcohol Problem, HAVEN EMERSON, M.D., Professor Emeritus, Public Health, College of Physicians and Surgeons, Columbia University.
- State Laws on the Control of the Alcohol Beverage Trade, GRANT NICKERSON, LL.B., Attorney at Law, New Haven, Conn.

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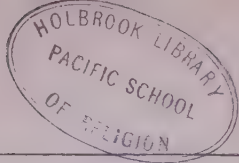
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Among the methods by which the social custom may be changed, the following deserve primary consideration: (1) Establishment of acceptable substitutes; (2) widespread understanding of the nature and effects of the use of alcoholic beverages; (3) development of a social consciousness concerning the problems arising out of the use of alcoholic beverages.---From an unpublished manuscript, "Alcohol and Human Society," by Clarence H. Patrick, Professor of Sociology, Meredith College, Raleigh, N. C., Fellow, Yale School of Alcohol Studies, '43.

MAY
1945

THE
INTERNATIONAL



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OF LIQUOR IN LIFE TODAY

In This Number - -

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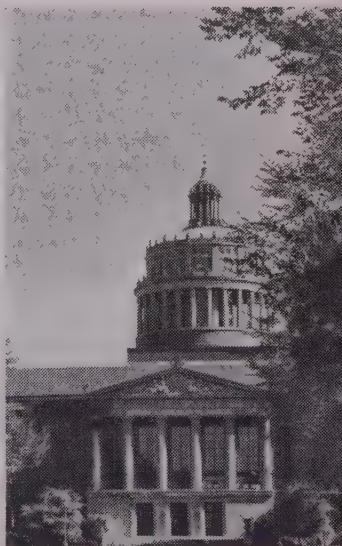
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THE INTERNATIONAL STUDENT

MAY, 1945

Vol. XLII, No. 6

HARRY S. WARNER, *Editor*

THE SCIENTIFIC LECTURES Of The YALE SCHOOL OF ALCOHOL STUDIES

FIRST SESSION

Published in condensed, popular form by Yale University; a book of 110 pages. The *very latest* information on THE ALCOHOL PROBLEM.

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INTERCOLLEGIATE ASSOCIATION

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COLUMBUS 15, OHIO

Let me tell you how much I appreciate the INTERNATIONAL STUDENT. On three occasions I have discussed your magazine with graduates of the Yale School of Alcohol Studies.—LAWRENCE E. VREDEVOE, Principal, Lakewood High School, Lakewood, Ohio.

I believe passionately the best work that can be done in the control of alcohol is to reach the group upon which you are concentrating.—C. M. GOETHE, Banker.

THE INTERNATIONAL STUDENT, organ of THE INTERCOLLEGIATE ASSOCIATION FOR STUDY OF THE ALCOHOL PROBLEM, is issued six times a year, in October, November, January, February, April, and May.

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Educational Leadership Growing

In Alcohol Problem Service

A NEW LEADERSHIP is coming—indeed, has already come—to aid understanding and solution of the Beverage Alcohol Problems of America—the greatest addition, perhaps, in fifty years.

It is the leadership in education that is now being taken by university men — by highly equipped specialists, college and university faculty members, state boards of education, and similar representatives of advanced and systematic education. Never before in this country, or in any other, have those who are seeking solution had such coöperation. The problem has thus gained new dignity and recognition, as one that is widely sociological, as well as humanly vital and imperative.

University Sponsored

Outstanding in the new scientific and educational service being rendered, is that of the Yale University School of Alcohol Studies, its research, clinics, publications and coming third-year Summer School for leaders and educators; the "Little Yales," one-day to five-day conferences of health, welfare, educational, religious and civic leaders that have been occurring in many parts of the country, from Boston to Portland, Oregon; the six states that have provided for leadership in the public schools by placing experts in their state boards of education; the systematic instruction of teachers in training that has been going on in twenty or more colleges, in some of them six years; the Forum-Conference at Ohio State University, January 24th, that was sponsored by four departments of the University—Sociology, Social Administration, Education and College of Medicine—the University Religious Council and the Ohio State Board of Education—all these are indications that a new educational advance under qualified leadership is decidedly under way.

Present Situation

And desperately will the service of such a program of educational coöperation be needed in the coming post-war period. For confused by the contradictions and controversies connected heretofore with the liquor problem, the recent sweep of a revived social approval, the influence of "high society" over the masses who follow prestige without thinking, the pleasure of "the kick" to be obtained in successive steps of drink-satisfaction, the attractions of the social glass, the ease and freedom from restraint of the toxic hour and the force of trade-promotion and advertising in the creating and establishing of life-habits and customs, on the one hand, and on the other, by the needless deaths and accidents in auto traffic after drinking, the drinking and drunkenness of youth, the heavy increase of drinking among women, the results of the "hang-over" in factory and war-service, the constant tendency of "drink" to run into excess, the impossibility of *determining what "excess" is*, the ever-growing number of addicts and the burden of caring for them, many realistic people may now be expected to welcome a more comprehensive educational program on this problem than has been possible in many years.

Adds New Confidence

What other group in our national life can more naturally give leadership in supporting scientific standards, on a problem of such controversy as the liquor problem, as can the educators in our higher schools of learning? Who more readily can gain the confidence of different groups sufficient to open the way to larger coöperation? Where else can the knowledge, the technique, the experience in organizing and leading educational activities be found on the scale required throughout the nation if real progress is to be expected? Surely, programs of action can no longer be left entirely to the reformer, the propagandist, the legislator, the politician, in so great a social movement as that of the alcohol problem. Surely it is time, abundantly ripe, for those who represent advanced education in the eyes of the public, to apply to this problem, in one or several of its manifestations, the aggressive types of thinking and speaking and writing that they are giving to a hundred great activities of the nation, in war-time and peace alike.

Intercollegiate Pioneering

For twelve years the Intercollegiate Association for Study of the Alcohol Problem and THE INTERNATIONAL STUDENT have been promoting this very form of leadership, the use of the best that scientific understanding has to offer, made available to the leaders—and to the coming leaders—of public opinion through the service of experienced educators. That vision is now *coming into reality*. The new movement should be enlarged and widely extended until the thousands and thousands of teachers, in colleges and secondary schools, that will be required to bring to the youth and the public an adequate understanding of the alcohol problem, have themselves been sufficiently interested and equipped to do the job that the complexities and stupendous size of the beverage alcohol problems of today actually demand.

During the past twelve years—and long before—THE INTERNATIONAL STUDENT has been emphasizing the service that college and university leadership is qualified to make; the comprehensive approach that takes into account, not merely the tavern-saloon, but all that is back of the liquor trade; the various sources and aspects of the alcohol cult in every-day life, and the significance of the more healthful non-alcoholic life. The basic need for this broader understanding and its wide development by and through the aid of our high-standing educators has been expressed again and again in articles and editorials.

In October, 1933, occurred this statement: "The time is ripe for a new approach in this whole complicated struggle against alcoholic drink in modern society, for one that will seek to bring out what it is all about; that is more scientific, more factual, more free to *face all the interests* involved than any that has preceded it in the century or more of temperance education in this country.

"It is time for education that is education, not propaganda; for vigorous, far-reaching, abundant education at that. . . . It is time for a program and leadership that are based on a wider knowledge of the scientific information that is now available. . . .

"In such an undertaking who may better lead than the col-

leges of the country . . . the men and women who stand for education and make it vital in the current life of the nation? . . . Who know better how to bring together the contributions of many minds into group thinking, into intelligent public opinion? Why should not the educators of this country, each from the viewpoint of his special field, lead the thinking and discussion of this age-old problem, by democratic process, into positive attitudes and constructive action?"

From 1933 to 1945, THE INTERNATIONAL STUDENT gave special attention to the new psychological understanding and material then appearing; the investigations and writing of Meyer, Miles and others; the lectures at student summer conferences, on campus programs and in forums of college and intercollegiate groups by Prof. Albion Roy King and Dr. John R. Hart. It published a continuous stream of editorials to develop the meaning of the leadership that is latent in the 5 per cent of the youth in college who become "the leaders of thought and action," and of the next 15 per cent who intelligently and discriminately follow these leaders. In 1938, the Association made a survey, "*A Study of Trends in the Influence of Alcoholic Drink in College Life*," comparing the situation in the three periods before, during and after national prohibition. It was distributed widely among colleges and educators, church and public, in pamphlet form and in THE INTERNATIONAL STUDENT. It was followed by a monograph on "The College and Drink Today."

After 1936, the Association promoted a definite "College Led Approach" program; suggested a "Sublimating of Drink Culture" emphasis similar to that of an organization of university students and teachers in Sweden; published information of the extensive instruction on the liquor problem that had been given by colleges in 1913-14, and before and after; gave attention to the highly scientific educational activities in the colleges and universities of Great Britain under the leadership of Dr. C. C. Weeks; and wrote and re-wrote a series of fifteen "New Understanding" monographs, based on modern scientific understanding and social welfare, that reached a circulation, in pamphlet and magazine, of more than a half million.

Measuring the Problem

Suggestions for Solution

By EDWIN FAUVER, M.D.

THE CHRONIC ALCOHOLIC is now regarded by the best authorities as a sick man. If this is true, like any other disease, it must have a cause, and like many other diseases there should be a cure. It has been said, as priceless as is the power to cure disease, the power to prevent it is of far more worth to the community and to the individual. This is especially true for the alcoholic, since cures are so very difficult to accomplish.

Dr. Kolb, Assistant Surgeon General of the United States Public Health Service, lists "Alcohol as a very serious health problem, and fourth on the list of conditions which bring people to the hospital for mental diseases."

Alcohol and Health

Dr. E. M. Jellinek, Director of Alcohol Studies at Yale University, one of the best authorities on alcohol, estimates that there are "675,000 chronic alcoholics, and some 2,700,000 excessive drinkers in the United States." There are many thousands more, who from time to time, are so incapacitated by alcohol that they cannot carry out their usual occupations. There are few other diseases, except the common cold, that incapacitate so many individuals. There are other millions who use alcohol in moderation.

The alcoholic problem is two fold: the excessive drinker, and the moderate user. This discussion is concerned primarily with the excessive drinker, whose ranks are continually recruited from the group of moderate users.

Why a Health Question

What is there about alcohol that produces such results? What is there in certain individuals that makes their reaction to it so disastrous to them?

Dr. Edwin Fauver is College Physician, University of Rochester, and President of Allied Forces, Inc.; Alcohol and Health Education, Rochester, New York.

Time will not permit a full discussion of the effects of alcohol upon the individual. It is sufficient to indicate that small amounts of ingested alcohol depress the higher and latest developed centers of the brain, those of judgment and self-control. This makes the individual less able to control his actions. This fact should always be kept in mind in studying the alcoholic.

Many individuals have a low tolerance to dust, poison ivy, the pollen from rag weed, and many common foods. When they come in contact with or ingest these substances they develop an allergic reaction. Then they have poison ivy, hay fever, urticaria, or hives. Others can be exposed to these substances without any serious effect. Some individuals have a low tolerance to diphtheria and scarlet fever, and when exposed they develop these diseases, while others must be exposed to a high degree before they contract them.

In much the same way, many men and women seem to have a low tolerance to beverage alcohol, and when it is used by them for a long period of time they become alcoholic. Others seem to have a higher tolerance. Those having a low tolerance to alcohol should not be criticized any more than should others for having a low tolerance to poison ivy, rag weed, or certain food substances.

Can Not Determine Tolerance

In the case of allergic reaction to certain substances and to some infectious diseases, it is possible, by scientific test, to determine whether the tolerance of the individual is high or low. But in the case of alcohol, no such test is available. The allergic individual, after these tests, may avoid exposure. The user of alcohol does not know nor is he able to determine his tolerance by scientific test. Therefore, he often does not realize his danger. If individuals with low tolerance are further exposed to the psychological and social reasons for the use of alcohol, they very readily become alcoholic.

Reasons Given for Drinking

The psychological and social reasons often presented for drinking leave one confused. It is not unusual to see a considerable number of men going to football games with bottles on

their hips and handsome women on their arms, who even before the game begins have become intoxicated. One would think that the excitement of the game would be sufficient to make them forget their troubles, sorrows, and reverses of life.

Nor is it unusual, after the game, to see the followers of the losing team go to taverns and saloons to find the "cup that cheers" to remove them from the real world of tragedy. But, these "mourners" are very often accompanied by many followers of the winning team. It is quite impossible to understand why they should drink so as to cloud the memories of a happy occasion.

It is equally confusing to find any psychological reason for a guest at a wedding or the father of a new and first born son to drink. These occasions seem to be happy ones.

The Alcoholic Sick

Apparently it is true that, "Given a drug which can produce a sense of well being, make it easily obtainable, and in a short time a large number of individuals will have made the use of it habitual." Alcohol, opium, and morphine are such drugs, often used with disastrous results; and they are habit forming. That this is true is shown by the presence in the United States of thousands of chronic alcoholics—men and women who have become a burden on society—and many other thousands of intemperate users, who from time to time become so intoxicated as to interfere with their normal pursuits.

The size of the alcohol problem might be measured by comparing the number sick from alcohol and those ill from some other diseases.

A publication of the National Tuberculosis Association, under date of February, 1944, indicates that "fully half a million people are acutely sick with tuberculosis in the United States." There are many thousands more with arrested cases.

The Tubercular Sick

Many citizens as well as doctors are concerned with the problem of tuberculosis. Thousands buy Christmas seals, which they should do, to aid in the fight to stamp out tuberculosis. The Federal Government has appropriated \$10,000,000 to be used in 1945 for the same purpose. Statistics indicate

that for every case of tuberculosis, there are several times as many alcoholics. The possibility of arresting a case of tuberculosis is probably greater than the possibility of curing a chronic alcoholic. Many tuberculosis patients are returned to relatively normal and useful lives, while only a small per cent of chronic alcoholics are returned to normal lives. But while every effort is made to stamp out tuberculosis, little is done in the solution of the alcohol problem. In fact, a high pressure advertising program tends to increase the use of alcohol. Its sale is legalized as a business by the federal and state governments.

The Polio Sick

Recent statistics of the late epidemic of poliomyelitis indicate that there were some 19,000 diagnosed cases. Of this number many will or have recovered with little or no disability; others will return to useful lives although crippled; and some have died. If these statistics are true, then for every recent case of polio there are 125 times as many chronic alcoholics and intemperate users; probably more cases of alcoholism than those affected in all of the epidemics of polio put together.

A great effort is being made to find a cure for polio and a method of prevention. Thousands each year attend the "President's Ball." Other thousands contribute to the "March of Dimes." Foundations make available large sums of money for research. This should be continued and increased until polio is controlled. But the efforts to control the alcohol problem are not commensurate with these efforts to control polio; and yet, as a public health problem, alcohol is probably greater and actually causes more disability than does polio.

In addition, a high pressure advertising program has been put on to increase the consumption of alcohol; and this campaign has been exceedingly successful, if the increase in consumption of alcohol that has occurred is any criterion. Those best able to know the facts indicate that the increase in the number of chronic alcoholics has kept pace with the increase in the consumption of alcohol.

There are now two world conflicts in progress. One, the great world war being fought for a better way of life, to which we all gladly contribute directly and indirectly. The other conflict is with beverage alcohol.

War Casualties

The loss of life and the disability produced by the world war are enormous. These sacrifices have been made in a great cause. The Allies are winning; it is the sincere prayer of all citizens that the conflict will be over in the near future. It is almost sacrilegious to compare the losses in the war with those from any other cause; and yet, the losses and the disability to society, the poverty, broken homes, crime and immorality produced by alcohol are also enormous. At the present time, the casualties due to alcohol in the United States are greater than the casualties thus far reported among the armed forces.

Every effort is being put forth, by means of advertising, to increase the consumption of alcohol, which will surely increase the disability due to it. There is no general public movement to control the use of alcohol, although it is one of the most serious health problems in the United States. Apparently casualties from alcohol will continue long after the war is over.

In these days of manpower shortage a strike of a few thousand men in a war plant is a serious matter. The Federal Government takes strong action to prevent strikes; but there are hundreds of thousands of men and women in the United States who, because of a legalized business, conducted for private gain, are incapacitated all the time because of the chronic use of alcohol. Many other thousands are kept from maximum effort because of moderate use of it. This then becomes a serious defense problem. The government legalizes, and does not put forth a concentrated effort to prevent this condition.

Comparing Health Problems

A true picture of the alcohol problem then can be seen by comparing the disability due to chronic alcoholism and excessive drinking with the disability from tuberculosis, polio, the loss from strikes and the casualties in the great war. This comparison reveals an enormous health, social and financial problem, promoted by an industry for private gain.

Whatever an individual's attitude to this problem may be,

if he looks at the facts, he must be impressed with its size, its seriousness and its ramification.

How can the liquor problem be solved? It is easier to indicate how it has not, and will not be solved. A solution will not be found if it is left only to a group of the best women in the United States, to a few sincere ministers, to state laws requiring instruction on the effects of alcohol in the public school, especially when such instruction is given by teachers who teach one thing and then do the opposite. Nor will solution be found by the medical profession, who as a group, have made no concentrated attack upon the problem.

What would and ought the public to think of the United States Public Health Service, medical profession, and local boards of health if these organizations not only did not recognize tuberculosis, polio, malaria, and other diseases as health problems, but also did nothing to prevent diphtheria, typhoid, tetanus, yellow fever, and other diseases. However, so far as the alcohol problem is concerned, this seems to be the attitude of these organizations at the present time.

What, then, is the solution? The size and seriousness of the problem must be brought home to the educators in high schools and colleges. The problem must be made clear to the clergy, the church, the medical profession, the local, state, and federal governments, and to the large group of irresponsibles—those who are not concerned about the alcohol sick and the standard of living.

The individual must be made to feel that he cannot avoid responsibility even though he himself has used alcohol temperately for a period of years without apparent injury. The fact that a physician has a natural immunity, or has been made immune to diphtheria, smallpox, typhoid fever, and similar diseases does not free him from the responsibility of recognizing these diseases as health problems or of taking action to control them.

The citizens of this country, if they combine, might stamp out the advertising programs put on by the liquor interests which spent more than \$14,000,000 in 1943. This would be the beginning of an attempt to solve this great public health problem.

When the seriousness of the problem is generally recognized, it must be attacked scientifically by educators, clergy, parent-teachers' groups, the medical profession, and the local, state and federal governments. Only then will a solution be found!

How Much of a Problem Is Alcohol?

By FRANCIS W. McPEEK

WE ARE LIVING through very disturbed times and we are all worried. There is a natural temptation to seek some means of relief—no matter how temporary.

Alcohol affords some people temporary relief, but it does not change the problem or the person fundamentally.

The alcohol problem is one which touches on business, education, legislation, law enforcement, medicine, employment, and religion. *It is not simply a personal matter.*

And the solution is as diverse as these fields I have mentioned. Too often the addict is thrown into jail where little is done for him. If he is psychotic, he may be sent to a mental hospital. But alcoholism should be recognized as a medical problem—and treated medically.

When it comes to education—and I think that education holds the hope for future sobriety—we are not doing nearly what we ought to do. Children, young people, and adults ought to know what alcohol does to them physically, psychologically, and spiritually. We can't depend upon the police or the schools or the churches or the physicians or anyone else to make conditions better. *All have to work together.* At present we are failing to do so *because the public is accepting the tragic costs of alcoholism with supreme indifference.*

We need to wake up.

Condensed from "We Need to Study the Alcohol Problem," in *Allied Youth*. Francis W. McPeck is Director of Social Welfare, Washington, D.C., Federation of Churches, and Assistant Director, Yale Summer School of Alcohol Studies.

People need to know that 43.5 per cent of the population between 15 and 60 years of age drink some. They need to know that a study done in Maryland several years ago shows that over 52 per cent of young people between the ages of 16 and 24 drink alcoholic beverages in varying amounts.

Let us put it another way, to show the extent of drinking customs among the American people. In 1940 it was estimated that 40 million people over the age 15 drank, and that 13 million of these were women.

The vast majority of these were moderate users, of course. That is to say, their drinking did not interfere noticeably with their health, their employment, or other activities.

But we had throughout the United States in that year 600,000 persons who were alcohol addicts—absolutely unable to break the deeply ingrained habit that has all but destroyed them. And we had another 1,880,000 who were out-and-out intemperate.

Any way you figure it, these figures—peace or war—show that alcoholism is a very real social problem. Five to six per cent of the people who use alcohol at all are intemperate.

Consumption of alcoholic beverages inevitably increases as times get good and when people have something left above the usual costs of running a family.

Drinking customs differ among the various classes of people. For example, the lowest 25 per cent of society—as viewed economically, educationally, and culturally—drink very heavily but not in mixed company.

The next 32 per cent above them—skilled workers, clerical workers, etc.—tend to drink some but not so much.

The lower middle class drinks hardly at all, and the pressure against drinking is strong.

But the upper middle class and the upper classes as a whole drink heavily and in mixed company.

In short, the majority of our problem drinkers come from the lowest social groups and from the highest. Both contribute to the community's alcohol problem out of all proportion to their numbers.

It is unfortunate that so many men and women of the upper group, who have been given so many privileges, should

destroy themselves and their possible contribution by excessive indulgence.

The danger for anyone who uses alcoholic beverages is that he will not recognize how far his habit has gone at any given time. He runs the very common risk of some day waking up to find that alcohol has got a hold on him, or that it has lost his job for him, or caused him or someone else serious injury.

Yale School Opens New Service

To Scientists Themselves

By E. M. JELLINEK

ALL OUR RESEARCHES aim at finding those facts which show the way toward the prevention of inebriety.

The nature of our researches reflects a trend which is becoming more and more evident in all branches of science. The scientist is discovering his social responsibility and society is discovering the utility of his specialized knowledge. The scientist is coming out of his seclusion and entering into the reality of life as it is lived. It is a consequence of the awakening of social responsibility that scientists must make their findings available and understandable to a wide public, and not alone to their professional colleagues. In the past there has been a lag of 40 to 60 years between the knowledge of the public and the findings of research. Scientists wrung their hands in despair that the public was using obsolete facts and obsolete ideas which to the scientists had become practically mythology. It had never occurred to these scientists that if any re-
crimination was called for, it should have been self-re-
crimination.

In a condensed statement of the purposes and findings of the Yale School of Alcohol Studies, "Alcohol Problems Dissected," by E. M. Jellinek, D.Sc., *Social Action*, Mch., '45. Dr. Jellinek, Director and research expert, makes clear the new opportunity for leadership that has now come to scientific men, in connection with the Alcohol Problem, not only at Yale, but generally throughout the country.

ON THE ONE hand, it (the social structure) extols alcohol and builds up its manufacture and sale into a major industry exerting great propaganda power, encouraging its use by a thousand and one devices, such as making it almost synonymous with sociability, celebration and good fellowship, as well as extolling the capacity to drink as a measure of virility and organic worthiness.

On the other hand, it punishes, mocks, and derides the alcoholic. Its stock source of humor is the drunkard or the man under the influence of alcohol, and yet it builds up laws and societies which have for their aim either the lessening or the abolition of drinking.

There is no such mixed attitude toward the use of any other drug, so far as Western civilization is concerned.

—ABRAHAM MYERSON, M.D.
"The Treatment of Alcohol Addiction
in Relation to the Prevention of Inebriety,"
Quart. Jr. Studies on Alcohol, Sep., '44.

ABOUT SIXTY per cent of America's drinking is social. That is, men drink because it is being done; they drink to impress their boss and to keep their job; they drink because society sanctions drinking. It is therefore apparent that social controls must underlie legal controls if we are to deal successfully with this problem.

—PHILIP O. DEEVER,
A Member of the 1944 Yale School of Alcohol Studies.

The Social Dilemma

In Alcohol Culture

By DONALD HORTON

THE USE of alcohol as a beverage involves a paradox in every society in which it is used. If its first function is socially useful, the creating of a sense of well-being, its later effects may be very dangerous as a result of the release of anti-social aggression, anti-social sexual impulses, and even self-aggression impulses—suicide—a frequent consequence of drinking in certain societies.

To those considerations we must now add the more objective effects of alcohol. By its use motor functions are impaired; the organism does not function as efficiently, the drinking man is not able to avoid danger, he is unable to form instant decisions. Here again we have a result from alcohol that may be, though not necessarily, harmful to society. This fact has particular meaning to our own society because of the industrialization and the mechanical nature of our civilization. For this reason the impairment of the motor functions is more important and more dangerous in modern society than in primitive society which lacks machinery.

On the other hand there is a danger to the primitive man to which we are not subject, the danger of breaking a taboo. In the societies in which taboos are manifold, the drinking of liquor can be a very serious thing. It has been suggested that this is the basis of the Mohammedan rule of abstinence—the danger that a drunken man will violate the law of cleanliness, soil himself, or say a prayer in an unclean condition.

Every society, therefore, which uses alcohol faces a dilemma. In almost every culture there is evidence of the conflict

These paragraphs by Dr. Donald Horton, Professor of Anthropology, Yale University, and a faculty member of the Yale School of Alcohol Studies, Summer of 1944, are from a lecture, "An Anthropological View of Alcohol Culture," in which he traced in detail the use and custom of alcohol in primitive and present-day primitive societies, down to modern civilization.

NOT ONE drinker in a million began drinking alone. All drinkers began socially, and this drinking is accompanied by a thousand social connotations such as I have described out of my own experience.

—JACK LONDON, *John Barleycorn*.

inherent in the use of a substance which has such contradictory effects. On the one hand we have seen the powerful primary psychological and biological motives for drinking reinforced by elaborate cultural motives; on the other, we find that drinking beyond a certain mean involves social danger.

Primitives Recognize Danger

And we find that those primitive societies which use alcohol habitually have tried to make adjustments to their functional dilemma in their systems of behavior. For instance, in some societies non-drinkers are retained to act as guards to protect the drinking party from surprise by enemies. In others, as in our time, the custom prevails of having drinking parties after the work of the day is done, so that interference with economic activities may be kept at a minimum. To the dangers inherent in the release of aggressive anti-social and sexual impulses, many types of adjustment have been made, such as the ritualistic offering of a sacrifice prior to a bout, to obtain the aid of the gods to keep quarreling at a minimum. A host sometimes ties up the stomach of his guests to keep them from drinking so much that they want to kill each other. Sometimes women take care of their men, hide their weapons. Or drinkers are given a degree of license, permitted to fight with their fists, but not their weapons. . . .

It is important to note that the use of alcohol is an ancient and widespread custom, and that there is evidence that it is powerfully motivated by fundamental and psychological conditions. In almost all societies there are conflicts of attitude toward it; it is regarded as both evil and pleasant.

Liquor Problem Instruction in Colleges

In the Year 1913-14

"THE ANTI-ALCOHOL movement in Europe is university-bred" while that in America is led by the churches, as university men stand askance, with critical mere-approval, says a recent writer.

This criticism of American colleges, deserved as it may be in part, is by on means wholly true. For serious study of the question, with a view to service toward solution, has been taken up in many colleges and universities recently, and has seen rapid advancement.

During the fall term just closing, ninety-five colleges and universities, including some of the very largest in the country, have given systematic instruction or definitely planned it for this year. In thirty-four of these curricular standing with credit is given; in sixty-two, where classes are taught by a professor, credit is not yet afforded, but in many it will be offered as soon as adjustments can be made. In others the "volunteer" class has served to test student interest as a foundation for later credit work.

Such was the experience at the University of California. For two years the (student) Prohibition League organized classes in the social study of the problem. These groups proved to be popular, growing in interest. To the average student this study represented, by concrete example, the civic problems of all kinds that he would have to face in after-college life. During the summer of 1913 the leaders of the league expressed the wish of hundreds of students in a petition to the faculty to offer a course under regular professors and with the dignity of college standing, that would go deeply into this question which seemed to be so vital to the life of the average student.

Condensed from *The Intercollegiate Statesman*, January, 1914, predecessor of the *International Student*.

University of California

In answer to this petition a lecture course was offered in the fall semester on "The Social Aspects of the Liquor Problem," one hour a week, one unit credit, by men from various departments. An examination and a paper completed the course.

The range of the lectures is shown by the following titles: "Alcohol and Heredity," Prof. S. J. Holmes; "Alcohol and Public Health," Dr. A. M. Meads; "Relation of Liquor to Crime and Poverty," Prof. J. B. Peixotto; "Relation of Liquor to Politics," Prof. T. H. Reed; "Ethical Phase of the Problem," Dr. J. B. Frye; "European Methods of Dealing with the Problem," Prof. W. B. Herms; "Legislative Methods," Prof. Green of Stanford.

The subject was popular from the first session, and well-attended. It was open to students who did not care to obtain credit. The following record of attendance speaks for itself: First session—registration 46, total attendance 150; second—registration 49, total 255; third—registration 52, total 200; fourth—registration 55, total 125; fifth—registration 55, total 214. University publications extended the usefulness of the course by giving weekly syllabi of the lectures.

Colleges Offering Courses

Among the colleges and universities at which courses, under a regular instructor, with curriculum standing and credit are offered, where such classes are planned for the near future, are the following: California, Southern California, Occidental, College of the Pacific, Nazarene, Spokane, Washington State, Aurora, Hedding, Taylor, Central, Cornell (Ia.), Charles City, Des Moines, Highland Park, Iowa Wesleyan, Leander Clark, Simpson, Georgetown (Ky.), Ky. Wesleyan, Ky. State, Albion, Olivet, Augsburg, Red Wing, Mo. Wesleyan, Cotner, Alfred, Baldwin-Wallace, Hiram, Muskingum, Otterbein, Wooster, Phillips, Dallas, Willamette, Emory and Henry, Whitworth, and Johnson Bible College.

A year earlier a course had been given at the University of Florida; Iowa Wesleyan had one in "Social Welfare and the Liquor Problem" for four years; Millikan gave a seminar course investigating economic and social consequences of saloon and no-saloon situations; Charles City has been having a

course for three years. These courses in colleges do not include those, such as Prof. Peabody at Harvard has been offering for years, for graduate students. They are for undergraduates as specific preparation for citizenship duties.

Volunteer Classes

In approximately 100 additional colleges and universities, classes, usually under a faculty instructor, were going on during the fall term or are planned for the winter. In central Pennsylvania, for example, of nine colleges visited by a Field Secretary of the Association, eight have large classes at work; more than 200 students in these Colleges are studying the question. In Virginia about the same proportion holds.

In most of these classes, both credit and those without credit, the book, *Social Welfare and the Liquor Problem*, (Warner) is used as text. Lecture courses are frequent, supplemented by texts, reference work, and first-hand investigation of local conditions and public records.

Attitude of Colleges

Almost universally the suggestion of establishing such study has been favorably received by college professors and presidents. From fifteen to twenty interviews in Michigan and Ohio colleges scarcely an unfavorable answer was received. Feeling that it was one their students would have to face, faculty members felt that it was intensely practical and should be given attention at the hands of instructors. The head professor of sociology in one college of 2,000 students, where a course was given, wrote: "I am in hearty sympathy with giving this subject due emphasis and I certainly appreciate the endeavors of the Association in such a worthy cause."

Why a College Course

The purposes of such a college course may well be:

1. To acquaint students with the vital facts of a definite social movement which, almost universally and almost unavoidably they will have to face.

2. To dignify the study and discussion of this controverted public issue and take it out of the reach of the mere propagandist.

3. To afford interesting and concrete study of related social problems.

A great conflict with liquor is now going on. Broader, deeper acquaintance with the social forces back of the conflict and with the principles necessary to insure permanent progress should be given *especial attention* at such a strategic time. The past ten years have brought out new scientific facts which are changing the attitude of the scientific world toward alcohol and the traffic in intoxicants.

Objectives in Alcohol Education In the Schools

THE FOLLOWING general summary of purposes was set forth by the Seminar on Education at the Yale University School of Alcohol Studies, 1944 summer session, Miss Winnie Buckels, Chairman, after five sessions of 11 hours discussion, as aims of accomplishment in teaching connected with the beverage alcohol problem:

1. To present to the pupil a knowledge of alcoholic beverages in the light of his age and grade level.
2. To present this knowledge in a factual manner in keeping with the latest available scientific findings.
3. To present this knowledge from strictly a positive and impersonal approach.
4. To stimulate the pupil to the point of formulating his own decision on the subject, based on the facts learned.
5. To stimulate individual research and study on the part of the pupil on problems which coincide with his age, grade, and interest level.
6. To present this knowledge in such a manner as to show the relation of alcohol to various phases in life, including the basis of social adjustment without the use of alcohol.
7. To help the pupil to see the value of exercising reason, judgment, conscience, self-criticism, and self-control and to develop an understanding of the relation of the use of alcohol to these functions.

Cult of Toxic Culture

*Seek the Truth
Come Whence It May
Lead Where It Will*

THE GREAT Canadian physician, Sir William Osler, was lecturing one day on the effects of alcohol.

"Is it true," asked a student, "that alcohol makes people able to do things better?"

"No," replied Sir William. "It just makes them less ashamed of doing them badly."—MRS. E. C. WESCOTT, in *Coronet*.

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What is Your Observation?

There is probably no known disease which brings so much grief to the patient and his relatives as chronic alcoholism; it is small wonder that the relatives of a sufferer from this condition will go to almost unlimited lengths and expense in attempts to cure the habit.—*Pharmaceutical Journal*, London, Mch. 25, '44.

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A Two-Hour Bus-Car Ride

At the rear were three young girls quite noticeably intoxicated. One was drowsy, another maudlin talkative, the third abusive to the driver. They staggered off the bus on their way to a war plant where high explosives are made.

Two drunk men with a woman, on a one-man street car, walked to the back of the car without paying their fare. Three times the motorman demanded payment. Then the larger of the men threatened the motorman and he had to desist. The woman laughed gleefully, cheered her hero.

A young man surly drunk, in a crowd, swayed on a strap deliberately annoying a young girl until a husky older man told the drunk to watch his step.

Because of the crowd already standing, the motorman refused to open the door at an intersection. A drunk man got angry, pushed his hand through the glass of the door, cut it badly, and stood on the curb cursing while his blood formed

a pool on the pavement.

Over two hundred passengers have the decencies of life lowered by eight drunks.—*Temperance Advocate*, Toronto.

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Why So Generous?

In a local newspaper, this week, appeared a picture commemorating receipt, by a veteran's organization, of a check of \$2,000 from a near-by race track. Gazing at the check with smiling faces are officials of the organization.

The incident is typical of what is going on throughout the United States. The gambling establishments, until recently outlawed; the liquor interests, just out of the shadow of prohibition; the vice interests, generally, are giving money to any and all organizations engaged in promoting the better things of life whose leaders are willing to accept such assistance. It is conceivable that this generosity, once accepted, tends to silence criticism.—FRANKLIN HICHBORN, Santa Clara, Calif.

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"Does Something to You"

When you ride on the street car, or pick up a magazine, or see a billboard in the foreground repeating by subtle suggestion or positive statement or visual impact that alcohol is a healthful, harmless, socially compulsory beverage, it does something to you.

Especially is this true of ceaseless repetition of the same ideas by pleasant voices over the radio. Unless you are strongly resistant to suggestion, and most of us are not, you break down a little each time the defenses put up by common sense.—SENATOR ARTHUR CAPPER, introducing a bill in Congress to reduce liquor advertising.

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Bar-Bill, 1944

Last year Americans spent \$7,000,000,000 about \$54.00 per capita, for alcoholic beverages, according to Department of Commerce figures. This is an all-time record. Last year's expenditures were 10 per cent higher than those of 1943, 9 per cent of this due to excise taxes.

Ability to Drive

The terms "intoxicated" or "drunk" may mean many things to different people. The degree of intoxication important in driving is not that which deprives a person of the power of speech and locomotion, but rather that which affects his ability to operate a motor vehicle. Hence, it is advisable to use the phrase, "driving while under the influence of intoxicating liquor."

This expression includes any impairment of normal reactions to the extent that they affect ability to operate a motor vehicle in a safe manner. It is a matter of common knowledge that different persons vary widely in their response to alcohol and that some people are affected more than others after drinking the same amount of intoxicating liquor. This is largely taken into account, however, by chemical tests, since these tests are a measure of the concentration of alcohol accumulated in the blood, and are not an exact measure of the amount of alcohol consumed.—DR. O. P. BEHER, *Public Safety Magazine*.



Drink Cult and the Curfew

We asked the clerk of a North Side hotel the other morning why the lobby, usually half filled with loungers at 11 a.m., was empty. His reply: "They're getting up and going to work these days. It used to be, before the curfew, that I had to ring a room three or four times to awaken them; and usually they'd wind up by deciding to stay in bed. Then they'd show up in mid-morning, and not infrequently be in the bar by noon, having missed the day's work. Now they're getting up and working."—DALE HARRISON, *Chicago Sun*, Mch. 9, '45.



Quart of Whisky

A quart of whisky, according to Allied Liquor Industries, Inc., which retails at \$3.12, costs only 27 cents to produce and bottle. The cost of production and bottling is accurate, but the retail cost to "the belly potential," as a high official of the industry poetically classified the customer, varies from \$3.12 to \$10.00 depending on whether it is purchased by the bottle, the drink; when, where, and whether it is in the black market or the legal saloon.

This is the clue to the conduct of liquor industry. Its narcotic product is habit forming, a poison, and a deadener of inhibitions, an illusory solver of troubles, of such immediate power that it will sell to the victim under any conditions.

The paid advertising problem is therefore simple to the men who are in the industry and concerned only with profits, let the consequences be what they may. The eternal shouting of "buy whisky," "buy beer," "buy gin," "buy wine," is all that is necessary. In 1942, this shouting cost the liquor trust in excess of \$28,500,000 for radio, magazine, newspaper and out-of-door advertising alone.

More money has been spent in the ten year repeal period for liquor advertising than all political parties have probably expended since the founding of the Republic to educate the voters in the merits of the contending political parties.—*Connecticut Citizen*.

o o

"Why Do You Drink?"

Asked The Inquiring Camera Girl, *Chicago Tribune*, April 20, 1945, of six young women in a Chicago hotel. The answers, condensed, were: "It is the customary thing . . . the fun of it—not the fun of drinking, but the fun of talking and being with friends who are drinking . . . when someone insists." "It's a social obligation. . . . I can't stand the taste of liquor—or the smell—but I drink it anyhow." "I never drink alone . . . when with people I join them." "It's my birthday today and my friend is buying me a drink to celebrate." "To be sociable . . . if everyone else would drink soft drinks I'd really enjoy joining them and having more than one." "To kill a few minutes on a shopping tour."

o o

Shareholder Says

I don't know how young people and older can waste their money to the tune of hundreds of millions of pounds a year when they might be doing so much better with Savings Certificates and the Red Cross. As far as the consumption of beer is concerned, I am a shareholder in many breweries, and I know my dividends are not getting any less.—*London Evening News*, Febr. 9, '44.

Social Drinking

Observe any party that is fairly "moist." The individual personalities of the members of the group soon become submerged in the flowing bowl, and there can be traced a common pattern of behavior which has regressed to a level far lower and less responsible than the customary level of the members of the group.—EDWARD A. STRECKER, "Psychology Cures Alcoholism," *Forum*, Aug., '38.

o o

And Again "Why?"

"If the people voted in favor of taking the state out of the liquor business, they might also vote in favor of taking the liquor business out of the state," said Capt. H. Mowrey, secretary, Ohio Hotel Association, representing 128 hotels which have liquor permits and who said he is "sopping wet." And he referred to the present midnight closing as "the greatest blessing that ever hit the alcoholic beverage business."—*Columbus Citizen*, Febr. 22., '45.

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Why in Bars?

Newspapers and news commentators have been telling about the capture of two German spies by F.B.I. agents. These men were landed on the Maine coast from a Nazi submarine. A part of their assignment was to mingle with American service men in bars and saloons picking up bits of information relative to troop movements and ship sailings.—*The Spotlight*, Minneapolis, Minn.

o o

May Acquire Safety

Today intoxicating liquor presents a serious social problem. It should be viewed from its effect upon the individual and the individual's children. Family bars will certainly create a second generation of alcoholic children. Excessive use of liquor weakens the body, dulls the intellect, and moral senses, corrodes the soul and decreases the individual's chances for economic success. In general it results in lowering the standard of living for the victim's family. Alcoholism, with its increasing number of domestic tragedies, must be faced. The dictum of "know your capacity" must be repudiated. The

present generation will soon learn by bitter experience, what has been demonstrated many times before, that only total abstinence is safe.—SAMUEL S. WYER, Columbus, Ohio, in a broadcast, March 10, '45.

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Growing Ratio of Women Drink

The war has made revolutionary changes in the age and sex distribution of public house drinkers. The proportion of women is about three times as large as it was in 1938 in industrial areas surveyed. The proportion of pub goers under 25 has risen in Worktown from about 7 per cent to 40 per cent, in London from about 3 per cent to 18 per cent—an increase to nearly six times the pre-war figure in each case.—*Mass Observation Report on Juvenile Drinking, A Survey*, London, England, June, 1943.

“H. B. D.” Driver Problem

ACCIDENTS involving drunken drivers and—what is almost as bad—drivers “who had been drinking” are growing out of all proportion to the diminished amount of traffic on our streets and highways under wartime conditions.

Records of the State Department of Motor Vehicles show that in California during 1943 there were 413 persons killed and 5,911 injured in accidents in which H.B.D. (had been drinking) drivers were involved. But these figures do not tell the whole story.

There are many borderline cases of drunk driving in which the charge actually made is reckless driving, according to an analysis made by the Public Safety Department of the California State Automobile Association, which emphasizes that this is not necessarily because of undue leniency on the part of arresting officers. Generally it is because officers have found that technical proof of intoxication is often difficult, or because juries are often inclined to convict on the lesser charge in cases where no personal injuries had been sustained.

And to the total, the Association Public Safety Department adds a large number of hit-run accidents involving drinking

THE PRINCIPAL steps in the progress of mankind toward a spiritual religion and a noble code of ethics have been taken primarily under the impact of great catastrophies. The periods of comparative stability, order, and material well-being, and hence of complacency, have scarcely ever given birth to a truly great religion or a truly lofty moral ideal.

—PITIRIM A. SOROKIN, *Man and Society in Calamity*

drivers who flee, fearing arrest while intoxicated; and who, when apprehended later, can meet sobriety tests. . . .

Indications are that the problem of the intoxicated driver is growing in seriousness rather than diminishing.

Certainly the time is long overdue for a general public re-awakening to the actual extent and seriousness of the drunk driving situation.—*Motorland*, Calif. Automobile Association, Dec. '44.

A man is about five times as likely to get cancer if he drinks beer daily and no milk, as if he drinks milk daily and no beer.—PROFESSOR J. B. S. HALDANE, "Science in Everyday Life."

A few years ago, if a fellow walked down a street with a bottle of whisky in one hand and a twenty dollar gold piece in the other, he would have been arrested for illegal possession of liquor. Today, if the same chap walked down the same street with the same things in his hands, he'd have the G-Men after him for illegal possession of gold.

FORM OF BEQUEST

I give and bequeath to the Intercollegiate Association for Study of the Alcohol Problem, a corporation of the District of Columbia, Washington, D. C., the sum of dollars, to be used in the work of the Association.

Headquarters, 12 N. Third St., Columbus, Ohio.

INDEX OF THE INTERNATIONAL STUDENT

Vol. XLII (October, 1944 -- May, 1945)

Adult Liquor Problem Education in Florida	51
Alcoholic, The: A Study in the Interplay of Individual and Social Factors, Selden D. Bacon	109
Alcohol Problem, The, E. M. Jellinek	103
Alcohol Talks to Youth, Howard E. Hamlin	30
Alcohol, The Destroyer, C. Aubrey Hearn	31
An Assumption and Its Consequences, Haven Emerson	34
Attitude of Early Statesmen Toward the Alcohol Problem, Mabel Morris	58
Bacon, Selden D., The Alcoholic: A Study in the Interplay of Individual and Social Factors	109
Bibliography of the Alcohol Problem	91
Boyhood in a Saloon Background, Amos Alonzo Stagg	57
Burgstahler, Herbert J., Strategy in the Anti-Alcohol Movement	53
City Taverns at Close Range, Walter O. Cromwell	10
Colleges Offer Instruction Courses, Edit.	69
Conclusions from the Yale School, Philip O. Deeever	77
Cromwell, Walter O., City Taverns at Close Range	10
Cult of Alcoholic Culture, The	8, 60, 88, 127, 157, 183
Custom, The, in War-Time	11
Deeever, Philip O., Conclusions from the Yale School	77
Educational Approach to the Alcohol Problem, The, Haven Emerson....	3
Emerson, Haven, An Assumption and Its Consequences	34
The Educational Approach to the Alcohol Problem	3
Excerpts from the Ohio State University Forum-Conference	139
Fauver, Edwin, Measuring the Alcohol Problem	167
From Yale School to High School, Lawrence E. Vredevoe	72
Hamlin, Howard E., Alcohol Talks to Youth	30
Harding, George T., Influence of the Social Pattern	107
Understanding the Alcoholic	137
Hearn, C. Aubrey, Alcohol, The Destroyer	31
High Points of the Yale School of Alcohol Studies, Fred D. L. Squires..	39
Influence of the Social Pattern, George T. Harding	107
Jones, Johnny, They Do Good Anonymously	83
Jellinek, E. M., New Truth: And Our Changing Ideas	3
The Alcohol Problem	103
The Teachers' Use of Alcohol Material	126
Popular Use of Scientific Information	135
Release from Tensions; Alcoholic and Natural	75
McPeck, Francis W., Youth, Alcohol and Delinquency	43
Measuring the Alcohol Problem, Edwin Fauver	167
Merchandizing Push, The, of Intoxicants, Edward A. Ross	12
Morgan, Joy Elmer, Why I Do Not Drink	85
Morris, Mabel, Attitudes of Early Statesmen Toward Alcohol Problem..	58
New Approach, The, in a Summer Group	49
New Educational Approach Now at Work, Edit.	67
New Truth—and Our Changing Ideas, E. M. Jellinek	7
1945 School of Alcohol Studies	151
North, Cecil C., Seeking a Wider Understanding	130
Ohio State Conference on Alcohol	99
Philosophy of the Temperance Movement, Harry S. Warner	17

Pollock, Horatio M., Solving Mental Conflicts	144
Program for 1945	98
Popular Use of Scientific Information, Regarding Alcohol, E. M. Jellinek	135
Realistic Youth Memories, James Thomas	56
Release from Tensions: Alcoholic and Natural, E. M. Jellinek	75
Role of the Public School, The, Fred D. Slager	131
Ross, Edward A., The Merchandizing Push of Intoxicants	12
Seeking a Wider Understanding, Cecil C. North	130
Seeking Freedom, Harry S. Warner	66
Seventeen Steps Back to Self Respect, Fred D. L. Squires	80
Slager, Fred C., The Role of the Public School	131
Solving Mental Conflicts, Horatio M. Pollock	144
Social Drink Patterns; For and Against	141
Squires, Fred D. L., High Points of the Yale School	139
Seventeen Steps Back to Self Respect	80
Stagg, Amos Alonzo, Boyhood in a Saloon Background	57
State Educators Leading Health and Alcohol Instruction, Edit.	73
Strategy in the Anti-Alcohol Movement, Herbert J. Burgstahler	53
Teachers', The, Use of Alcohol Material, E. M. Jellinek	126
Thomas, James, Realistic Youth Memories	56
They Do Good Anonymously, Johnny Jones	83
Trends in Youth Drinking, in England	145
Understanding the Alcoholic, George T. Harding	137
V-Day Plans	52
Vredevoe, Lawrence, From Yale School to High School	72
Warner, Harry S., Colleges Offer Instruction Courses	69
Educational Leadership Growing	163
The New Educational Approach is Now at Work	67
Ohio Conference on Alcohol	99
Philosophy of the Temperance Movement	17
Seeking Freedom	66
State Educators Leading Health and Alcohol Instruction	73
Why I Do Not Drink, Joy Elmer Morgan	85
Working Bibliography of the Alcohol Problem	91
Yale School of Alcohol Studies, Second Session	35
Youth, Alcohol and Delinquency, Francis W. McPeck	43

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MAY, 1945

191

A MODERN APPROACH TO THE PROBLEM of ALCOHOL

A Program for the Crucial Post-War Situation

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OF LIQUOR IN LIFE TODAY

In This Number - -

Pennsylvania School of Alcohol Studies

Student Sends Teacher to Yale

The Returned Soldier and Alcohol

Alcohol and the Adolescent

Summary of Scientific Findings

Complicating Child Welfare

democracy
something
deeper than
liberty; it is
responsibility"

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THE INTERNATIONAL STUDENT

OCTOBER, 1945

Vol. XLIII, No. 1

HARRY S. WARNER, *Editor*

Program for 1945-46

SEEL THE TRUTH fearlessly wherever it may be found; follow where it leads.

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Pennsylvania School of Alcohol Studies

Juniata College, June 18-22, 1945

NINETY-EIGHT "students," consisting of teachers and other educators, ministers, welfare leaders, nurses, temperance workers, business men and other community leaders from thirty-six counties of Pennsylvania, devoted an intensive week of study and discussion of the Beverage Alcohol Problem, under high scientific and educational leadership, at Juniata College, Huntingdon, in June of this year.

Under the educational leadership of university and college faculty members, and with the coöperation of the Yale School of Alcohol Studies, this summer school for the state was the first of its kind ever held, expressing and seeking to put into effect, as it did, a modern objective and scientific, yet realistic, approach to the complicated liquor problems of so great a state as Pennsylvania.

Dr. George F. Dunkelberger, Professor of Education and Psychology, Susquehanna University, served as director. After orienting addresses by President Calvert N. Ellis, Juniata College, and the Director of the School, the scope and modern understanding of the five-day program will appear from the list of lecturers and subjects, each followed by full and free discussion:

"The Physiological Effects of Alcohol" and "The Relation of Alcoholic Concentration in the Blood to Automobile Accidents," two lectures by Dr. Leon A. Greenberg, Applied Physiology, Yale University.

"The Psychological Effects of Alcohol" and "Sociological Factors of Alcoholism," two lectures by Dr. Irvin L. Child, Social Psychology, Yale University.

"The Chronic Effects of Alcohol," by Dr. Russel S. Boles, President, Philadelphia General Hospital.

"Statistics Regarding the Social and Economic Effects of Alcohol," by Miss Laura Lindley, Research Secretary, Washington, D. C.

"The Philosophy of the Temperance Movement," Mr. Harry S. Warner, Editor of *THE INTERNATIONAL STUDENT*, Columbus, Ohio.

"Social Sanctions as a Means of Alcohol Prevention," Dr. Irvin L. Child, Yale.

"Legislative Controls of Beverage Alcohol Problems," Dr. E. B. Dunford, Attorney, Washington, D. C.

"Education as a Factor in Solving Alcohol Problems" and "The Historical Development of the Religious Element in the Treatment of Inebriety," two lectures, Rev. Francis W. McPeck, Assistant Director, Yale School of Alcohol Studies and Director of Social Welfare, Washington Federation of Churches.

"Health Education in Secondary Schools, with special reference to Alcohol, Stimulants and Narcotics," Dr. Paul L. Cressman, State Board of Public Instruction, Harrisburg.

"Psychotherapy for Alcoholics" and a Seminar on "Alcohol Therapy," by Dr. Gertrude Gross, Psychiatrist, Yale Plan Clinics.

"The Fellowship of Alcoholics Anonymous," Mr. James M. Burwell, an original founder in the New York group.

"Pastoral Counseling of Inebriates," Rev. Wayne W. Womer, Hartford, Conn.

Demonstrations of Methods and Techniques: The Flan-O-Graph, Dr. E. N. Bergerstock; Class Room Forum, Mr. George B. Robinson; Lecture Method, W. Roy Breg; Classroom Instruction, Mrs. Alvin Sherbine and Mrs. J. Frederick Moore. A Seminar was conducted by students, "The Forgotten Point," by Mrs. John D. Pennington.

A summary of the school as a whole was made by the Director at its close and Certificates of Attendance awarded. The organizing committee of the School consisted of Dr. George F. Dunkelberger, Susquehanna University, Selinsgrove, Mrs. Alvin Sherbine, Johnstown, and Mr. B. E. Ewing, Philadelphia.

Significance of the Program

By **GEORGE F. DUNKELBERGER**

IN REVIEWING the results of our week of study, I feel certain that you do not expect me to recapitulate the content material of the lectures and discussions to which you have listened. At the opening of the school, the recommendation was made that each student take notes rather generously. From what I have observed, I believe that many of you have fat note-books of what you have heard. A content statement, therefore, would be needless and perhaps confusing.

Disturbing Information

But some of us have heard things this week with which we do not agree, some things that we did not like to hear. Not everything that was said fitted into our previous pattern of thinking. This probably is as it should be. Life, operating on some such plan, makes living so interesting that no normal individual has any desire to cease living. If we are mentally alert, we do not accept unquestioned everything that we read in books and magazines, or that we hear in lectures. Nor would it make for the best in thinking, even if it did agree with our own experience. On the other hand, new understandings must not be so violent as to disturb too much our past experience, or leave nothing to which to cling. Forced changes in thinking may be likened to the effects of a wind storm. Heavy winds may cause a tree to take firmer hold of the soil by loosening and further extending its roots; or they may uproot the tree completely.

As an illustration of forced thinking, there came the statement by one lecturer, that alcohol is a food, but a very bad kind of food. In grasping the first part of the statement there was

At the close of the Pennsylvania State School of Alcohol Studies, at Juniata College, June 22, a concluding and summarizing statement by Dr. George F. Dunkelberger, Director, was made as part of program as a whole. It is given here in slightly condensed form.

a tendency to lose sight completely of the qualifying part that followed. Our accustomed patterns of thinking rebelled at the suggestion of food being in that kind of company. We had been accustomed to think of food as a substance that builds up the body, repairs its wastes, is capable of being stored for future use, as well as providing heat and energy for use of the body. Our accustomed pattern of thinking would not permit us to call a substance a food when it satisfies only a small portion of this traditional definition. It was the "all or none" principle; the technical physiological point of view had not been taken into consideration. To call alcohol a food, even though designated as *bad and non-nutritive*, certainly seemed to be a mis-nomer. Less than half a dog could hardly be called a respectable dog, is the way our thinking apparatus operated.

Scientific Attitudes

The fact that total abstinence was all but ignored in some of the lectures, became a source of rather unrestrained speculation. Abstinence is a fundamental tenet of temperance organizations; that it did not receive much prominence, proved disappointing to some. The inference was easy that the lecturer tacitly advocated temperance or moderate drinking. That was an error. The absence of evidence is not necessarily an evidence of absence. Because remains of bows and arrows cannot be found in certain layers of the earth crust is not evidence that bows and arrows were not then in use by primitive men. If a person says nothing about total abstinence, we infer too much when we attempt to classify him among those who advocate moderate drinking.

The man of science attempts to make known just what happens when alcohol is taken into the body, not to teach any particular attitude toward the use of alcohol. The scientist is interested in what alcohol does to a person, and lets it go at that. The "ought or ought not" does not disturb him. Whether a person should be an abstainer or a moderate drinker, the scientist thinks is not his problem.

Use of Scientific Material

This is not the way my mind works at all. I am interested that people think, but I am interested, also, in what people

(Continued on Page 24)

A High School Student

Sends His Teacher to Yale

By MARY E. JOHNS

"**P**RAISE THE LORD and Pass the Ammunition" rang lustily from a group of high school boys and girls as they passed the whisky bottle gleefully from one to another.

They were at a football game where there are no taboos on emotionalism, and so they did not observe that the alcohol in the "ammunition" they were calling for was already manifesting itself in forms of unusual release from control in the highest centers of their brain. Neither did their teacher, who was sponsoring the cheer-leaders, know, but nevertheless she tried at the earliest possible moment in the classroom to bring out the dangers involved in the use of alcoholic beverages.

In the discussion that followed, a keen, thoughtful boy remarked, "I was not at the game, but I think you are too sentimental."

"What do you mean—sentimental? I'm not a sob-sister."

"But what you have been saying IS sentimental."

"For example?"

"Well, you just said, 'I know what this liquor business means, for I go out into the homes and community and see its effects.' Now, that is sentimental."

That, instead, was a sociological, prejudged statement and the teacher realized the inadequacy of such an approach. In the various science courses toward a B.S. degree little if anything had been given that called attention to the psychological and physiological effects of alcohol upon the human body.

Inwardly she answered, "Young man, you've started some-

Miss Mary E. Johns, B.S., Ohio State—teacher in Berea College, Ky., and in high schools of Ohio—was a member of Yale University School of Alcohol Studies, Summer of 1945.

thing. I am going to find the scientific answer, and then we'll talk again."

That resolve ultimately led her to the Yale School of Alcohol Studies.

The Scientific Approach

In a two hour conversation after her return, the teacher discussed her new information with the same questioning student.

Scientific research involves much more than a test tube, beaker, and a bunsen burner, or even complicated experiments, trained observation, proof by demonstration, and definition. There are so many contributing factors, phases and angles to be taken into consideration—the historical, psychological, physiological, sociological, economic, industrial, pedagogical, and spiritual. These make the subject so complicated that, regardless of available comprehensive reports of extensive experiments that are being made and other sources of information, there is little understanding of the relation of alcohol and other narcotics to health and character building. The general public does not know where to begin, and without training, neither does the average teacher.

There is another reason, also, for the deplorable ignorance as to what alcohol does to personality, mind, and life: Quoting Dr. Howard W. Haggard, Director of the Laboratory of Applied Physiology, Yale University, "Alcohol as a study just isn't the vogue right now as penicillian is." (Due to the efforts of Dr. Haggard, his associate Dr. E. M. Jellinek and other scientists who have felt the responsibility of sharing their findings with the public, the vogue of alcohol study is on its way to popularity.)

Psychiatry is coming in rapidly, though, because latest scientific information shows that the psychological effects are the most immediate and the most injurious.

Alcohol in the Nervous System

The brain is the center of the Nervous System. It is by means of the Nervous System that we are able to hear, see, taste, smell, and feel.

All over the body are sense organs, or touch bodies, connected with nerve fibrils which unite into larger and larger

(Continued on Page 22)

The Returned Soldier and Alcohol

By LEWIS DRUCKER

FIGURES RELEASED by the probation department of the city police indicate that the returning soldier is finding it difficult to readjust himself to normal conditions of life.

In the Courts

From January 2 to June 22 of this year, 433 returned soldiers were referred to the probation department. This number does not include arrests made but not so referred by the judges, those charged with minor traffic violations, nor does it include those charged with felonies.

Of the 433 referred to, 304 were charged with intoxication, 33 with assault and battery, 33 with serious traffic violations and 57 with miscellaneous offenses. It is safe to say that all of these committed their offenses while under the influence of liquor.

Compared with our civilian population, this total of 433 is more than it should be. The fault must be ours. Their failure to find comfort is due, in a measure, to our failure to provide more adequately for their economic and social well-being.

Alcohol a Refuge

Alcohol has been their refuge. They resort to it because they believe they need the escape and solace that comes from saturation of the senses. We should not condemn but be sympathetic and understanding and make inquiries into motives responsible for their excessive indulgence.

The soldier was separated quickly from home, family and

Judge Lewis Drucker, of the Municipal Court of Cleveland, Ohio, writes from intensive study at first hand of the problems of alcoholism and its causes. He was a Fellow of the First Yale University School of Alcohol Studies, is a graduate of the College of the City of New York and of Western Reserve University, and has been a Judge in Cleveland for years. This article, slightly condensed, is used by permission from *The Cleveland Plain Dealer*, July 7, '45.

friends. In many instances, he was of high school age, an adolescent, pulled from his environment and subjected to an intensive program. He came under rigidly strict discipline. His activities were directed, his leisure controlled. Hurling constantly at him were propaganda, tests, drills and discipline. He went overseas, lived on foreign soil, met people he did not understand and behavior patterns that were different. Primed for battle, steeled for death, he saw comrades fall.

Confused, sometimes a victim of psychiatric emotional instability, he was eager to get home. Discharged, he is thrown into an environment that had undergone considerable change since his departure. He is unable to adequately adjust himself. He tries to be nonchalant as he wants to return to home, work, friends and civilian life. He doesn't want to be fêted or pampered or acclaimed the hero. In many instances, he wants to be alone, to slip into civilian garb without arousing attention.

Public Failure

Our population has failed him. We have not understood. We have not been able to probe into the recesses of his heart nor intelligently appraise his thoughts. He is beset with problems and frustrations. Fortunate are those who have found solace in religion. Prayer would be a way of soothing his spirit and the church should welcome him to its heart. Others, unfortunately, seek refuge and escape in excessive consumption of alcohol. It has brought this soldier release of tensions. He drinks not because he loves alcohol but because it is an avenue of escape.

What Can be Done

Intoxication is a method of removing mental anguish, of release from the conflict in his own mind. It is not merely because the soldier may have learned to drink in Africa, France, or Germany. It is because in his own country he has not been sufficiently fortified to meet these bewildering problems. If we could be sure that he has a job which is the proper outlet for his talents, if we could create recreational opportunities which would release his inhibitions and provide a channel for his emotional outlets, we would find that he does not need to seek refuge in excessive drinking.

Police Give Constructive Aid

Criticizing or even punishing him is not a helpful solution. The judges who meet the returned soldier in police court frequently refer him to the probation department. He may then be referred to the psychiatric clinic but in most instances an effort is made to understand and assist him in working out his problem. These men will continue to drink unless we, as civilians, more adequately coöperate with them in guiding their adjustments and their integration into our present-day civilian life.

Our Cleveland probation department has shown that there are effective means of helping the returned soldier. Its officers have counseled the soldier, have attempted to understand his drives and his desire for escape and have faithfully performed an effective service. Out of the total of 433 referred to that department, the court suspended sentences of 186 at their recommendation.

These men have been helped more adequately to adjust themselves to their present environment. Probation officers will continue to extend help. Other agencies might well emulate their example.

THE INTERNATIONAL STUDENT is filling a very needed place in the field of alcohol education.—A. M. TAYLOR, Spervisor of Alcohol Education, Department of Education, State of South Carolina.

With much interest I regularly read THE INTERNATIONAL STUDENT; it is a most helpful little magazine.—W. F. HARRAH, Niles, Mich.

ANOTHER PROBLEM of tremendous importance to young people in meeting the alcohol problem is the dominant social pattern of our times which includes the social pressure of the group to at least accept social drinking. The importance of this particular pressure is increased by the fact that it comes at a time when the young person is least prepared to meet it.

—DR. GEORGE T. HARDING, Professor of Clinical Psychiatry, College of Medicine, Ohio State University, Columbus.

Alcohol and the Adolescent

A Misunderstood Subject

By JOHN L. C. GOFFIN, M.D.

WHY DO PEOPLE drink beer, wine, whisky, gin, and brandy? Is it because of color, flavor, odor and an irresistible taste? Because a certain whisky is "milder," "richer," "mellower," or a certain beer "smoother," more "satisfying"? No, people drink primarily for none of these reasons. These lush adjectives are catchwords in the come-on patter of the advertising entrepreneur.

Seek Alcoholic Effects

The real reason why people drink these liquids is *alcohol*, ethyl alcohol, a colorless, volatile, fiery, water-thirsty, narcotic drug, that burns the throat, gullet and stomach. To be tolerated at all it must be diluted with flavored water, except for the hardened addict whose cells have become insensitive to it. People drink alcoholic beverages for the sake of the alcoholic effects—and not much else. And ethyl alcohol is the same, whether made from grapes, barley, rice, raisins, or sawdust, and has exactly the same effects on the human system.

Few People Know

This is a fact that few people know, since many believe that the alcohol in wine is a playful kitten compared with the tigerish alcohol in whisky. The wine alcohol is just a smaller dose of the same drug as that in "hard likker." The alcohol in beer is thought by many to be a food, but it is the same ethyl alcohol as that in the amber depths of whisky, C_2H_5-OH , chemically, physically, physiologically the same, a narcotic drug. There is as much alcohol in a 12-ounce glass of beer as there is in a one-ounce drink of whisky.

*Condensed from *Health Education Journal*, Los Angeles City Schools.

A Depressant—Not a Stimulant

People drink these beverages for the effects of the alcohol. And what are the effects? Alcohol has only one effect—a narcotizing, deadening effect—*narkoun*, to benumb. It is a popular belief that alcohol is a stimulant. In past years doctors prescribed it as a stimulant. People often take it, even today, to stimulate themselves when they are depressed. But it is not a stimulant—it only appears to stimulate. After a few drinks most people feel excited; they are talkative, given to excessive laughter or to tears; frequently they indulge in words and conduct that they would otherwise suppress.

This state of feeling is not the result of stimulation. It is due to the benumbing effect of alcohol on the highest brain cells, the cells that control speech and conduct; the cells that “put on the brakes” and keep us civilized. The more alcohol consumed the more the brain cells are deadened, the less control there is over the muscles, until all control is lost in drunken unconsciousness. The common expression, “dead drunk,” is not a figure of speech, for such a drinker is not far from death; only complete anesthesia saves him from such a fate. Nature saves him by making him unconscious. In alcoholic coma the concentration of alcohol in the blood is 5 milligrams per cubic centimeter; six milligrams per c.c. causes death.

Misinformed Public

It is also little understood that the people who manufacture and sell liquor are shrewd psychologists. They load their advertising media with cunningly contrived insinuations so persuasive that they become part of the thinking of thousands who never suspect the source of their “original” ideas. Unquestionably, propaganda is one of the most pervasive forces of the modern world. Deliberately devised to teach people to drink, such propaganda permeates the press, the movies, the magazines, the books, and the platform. It has popularized drinking among women and adolescents. It has caused a wolf to masquerade in the fleece of a lamb.

Why Do People Begin?

Why do people drink? Why do they begin? Usually because of social invitation or pressure. Young people drink be-

cause they see their elders drinking; they come to think of it as a sign of manliness, of being "grown up," a "man of the world." They see intoxicated men, occasionally, weaving from one side of the street to the other or lying in a drunken stupor and they do not want ever to be like that. But they also know highly respected men—perhaps a father—who "drink like gentlemen." They are certain they can do the same. The drunks, they reason, are weaklings who don't know how to "handle liquor." *They* will never allow themselves to be so classified. They do not reflect that probably the unfortunate victim once reasoned this way himself. If these youths could use their imagination retrospectively they might visualize these wrecks of humanity, forty or fifty years ago, as beautiful babies with undreamed of potentialities. They were not born drunkards—society made them such by its lack of understanding and neglect.

So a friend at a party or in a car offers the youth a drink; of course, believing as he does, he takes it. He would be ashamed not to do so. Soon he is drinking frequently and before long feels that he should buy his own drinks and treat others. Yet, anyone who persuades another to drink is unwittingly *mis-treating* him.

Because alcohol acts on the controlling and directing centers in the brain, making a boy or a man more irresponsible, it seems to promote conviviality and good fellowship. But the "good time" it offers is alcoholically artificial; and the dividing line between a good time and a rowdy time is very thin, just a few more beers.

Why People Continue

We all have troubles and problems; all are bored at times, sometimes seriously. Many young people who have learned to drink socially, sooner or later find themselves drinking to drown their troubles or to escape boredom. But alcohol does not drown troubles; it merely drowns the "trouble shooter," the brain; it adds to the troubles of the individual. He has "hangovers" from which to recover; he neglects his diet, becomes starved for vitamins; spends money that might really help him solve his problems and give him a richer life.

The greatest and most insidious danger of alcohol is that, being a narcotic, it is habit forming. Most people who learn to drink in youth continue in moderation or excess. *Youth is the time of habit formation.*

There are some people who, unless they leave alcohol strictly alone cannot avoid becoming addicts, chronic alcoholics. Chronic alcoholism is a disease and it is the most difficult disease to cure because the victim resists strenuously all efforts to induce him to give up the cause of the disease. It is doubtful if alcoholism ever is "cured" in the sense that an infectious disease is cured. Mrs. Marty Mann, Director of the National Committee for Education on Alcoholism, who admits that she drank herself through a fortune and out of many jobs, says, 'Alcoholism is a disease which cannot be cured, but only checked for as long as the alcoholic is careful—sometimes for life.' Scientific experts who treat alcoholics agree on this point: That these victims must learn that they can never touch alcohol again. One drink inevitably means a relapse.

It is important to remember that anybody, if he drinks steadily in sufficient quantities over a period of years, will become alcoholic. This quantity varies with individuals because of varying susceptibility. But when a person becomes an alcoholic his personality differs radically from his former personality. He is literally not the same person. The alcoholic is a *disintegrated personality*, a pitiable and disgusting object. Without expert treatment he is doomed to be a total loss.

The only safe and sane course for young people is to leave beer, wine and whisky strictly alone. The person who does that will retain his self-respect and the respect of his fellows. He will miss nothing of value. Drinkers are not manly because they drink; in fact, excessive drinking and compulsive drinking are signs of emotional immaturity. It is best to grow up emotionally, as well as physically, before even considering the taking of a first drink.

ANOTHER MILE-OF-DIMES

There are more deaths from alcoholism than from infantile paralysis—more than twice as many. Perhaps there should be a mile-of-dimes to fight alcoholism.—*The Voice*, Feb., 1945.

A Summary of Scientific Findings

Regarding Beverage Alcohol

By HAVEN EMERSON, M.D.

1. **ALCOHOL AS A FOOD:** Alcohol is not properly described as a food. The molecule of alcohol is incapable of incorporation with any of the tissues of the human body for growth, development, repair or storage in the body.

Furthermore, although alcohol can take the place of as much as 20 per cent of the calorie units in the diet of a man engaged in manual labor or bodily exercise, its use as a source of energy is physiologically unsound and economically extravagant.

2. **AS A MEDICINE:** Alcohol may be used medicinally as a depressant to the central nervous system, as a sedative, and as an anæsthetic. There are other medicinal agents that have largely replaced alcohol for each of these purposes, drugs that lack the toxic effects of alcohol and are less likely to develop habitual use or addiction.

Alcohol is not a stimulant to be relied upon to improve the circulation, respiration, or digestion. It is not an indispensable drug and its use has been steadily diminishing in the general hospitals of this country as other and safer and more effective drugs have been discovered.

3. **AS A POISON OR NARCOTIC:** Alcohol is a narcotic, as are ether and chloroform. Alcohol has toxic or poisonous effects whenever used, these effects being chiefly if not exclusively due to action on the brain and other parts of the central nervous system, the effects being mild or severe, acute or chronic according to the amount of alcohol consumed and the percentage circulating at any particular time in the blood.

From *The Christian Science Monitor*, by permission. Dr. Haven Emerson, recent Professor of Public Health Administration, Columbia University, is author of *Alcohol and Man*, and *Alcohol: Its Effects on Man*. For years he was Public Health Commissioner of the City of New York.

4. AS A HABIT-FORMING DRUG: Habitual users of alcohol are numerous. Among these many become addicts or chronic alcoholics and "problem drinkers." The tendency of alcohol habitues is to increase the amounts they take, or the frequency of dosage, or to use the stronger higher per cent alcoholic beverages in place of those of low alcohol content. The habitual user of alcohol who cannot voluntarily discontinue its use without suffering some considerable distress in body or mind has become an addict and should put himself under treatment.

5. ITS EFFECTS ON BODILY STRUCTURE: The effects on body structure of alcohol as used in moderation are very slight or negligible. The effect of alcohol is mainly upon the behavior of the person, his conduct, his emotions, his self-control, judgment, discretion, memory, and association of ideas, and not upon the tissues of his body, his muscles, glandular organs, heart, or other tissues. In chronic alcoholics the cells of the brain and other cells may undergo processes of degeneration.

6. EFFECTS ON BODILY FUNCTIONS: The effects of alcohol on body functions are those of depression or inferiority of function. No bodily functions are improved by the use of alcohol in a normal healthy person, although the user of alcohol is often convinced that he can perform with body and mind better when he has taken alcohol than when he has not. The judgment of the alcohol user in such matters is notoriously unreliable.

7. EFFECTS ON DISEASE RESISTANCE: Alcohol may decrease bodily resistance to infection and diminish the likelihood of recovery. The injured or infected alcoholic has more complications, a longer course to recovery, and a higher mortality from the common bacterial infections, than if his body were free from alcohol.

8. AS A CAUSE OF DISEASE: Alcohol is a direct cause of various acute and chronic diseases and is a complicating and contributing factor in many others. From 5 to 10 per cent of new admissions to state hospitals for mental diseases in the United States are for alcoholic psychoses. From 10,000 to 12,000 patients a year suffering from acute or chronic forms of alcoholism are admitted for medical care each year to the

psychiatric service of Bellevue Hospital in New York City.

9. AS A CAUSE OF DEATH: It is estimated that alcohol is a direct and indirect cause of death to the extent of approximately 10 per 100,000 of the population per annum.

10. EFFECTS ON THINKING: Alcohol dulls the higher faculties of the mind, intellect, will, before it has an appreciable effect upon locomotion or the use of the muscles of the body. Perception, association of ideas, memory, discrimination, judgment are all deteriorated by amounts of alcohol which do not create a condition of offense in the police or social sense.

11. SENSATION AND PERCEPTION: The bodily reflexes upon which so many of our reactions are based which save us from accident or injury all are delayed or retarded in their effects from 5 to 10 per cent by the use of alcohol in small amounts, amounts less than would be described socially as moderate drinking.

12. LONGEVITY: Abstainers from the use of alcohol have an average life expectancy longer than that of habitual users of alcohol. So-called moderate users of alcohol have a slightly shorter life expectancy, that is, die at a little earlier age than is the case with non-users. Heavy drinkers, whether habitual or periodical, and all classes of people whose occupations give easy access to alcohol, or appear to require its use to succeed in business, have very decidedly reduced average longevity.

13. HEREDITY: Alcohol causes no hereditary disease of body or mind. The offspring of alcoholic parents may suffer various diseases and defects which, however, may be neither congenital nor hereditary, but the results of the unfavorable economic, social, emotional, and educational conditions characteristic of the home of alcoholic parents. A great many pathological drinkers, chronic alcoholics, suffer also from inferiorities of body and mind which have been potent factors in developing excessive and habitual alcoholism and these conditions, abnormalities of body and mind, may be inheritable. There is a high mortality and morbidity among the offspring of alcoholics, but these are more related to neglect, ignorance, and poverty of such families than to qualities inherited. Alcoholism, acute or chronic, is not an inheritable disease or condition but an acquired condition of poisoning of body and mind cre-

ated by the excessive or habitual use of alcoholic beverages or both.

14. **THE HOME** : The effects of alcohol upon the home are various, and all of them contribute to emotional instability, educational inadequacy, economic dependency, and defective personality, particularly among the children.

15. **CRIME** : Crimes of violence, violations of traffic and safety ordinances, disturbances of the peace are associated with acute alcoholism or accompany a career of chronic alcoholism in a high proportion of cases brought to courts of first resort.

16. **ACCIDENTS** : Accidents in the home, in industry, on the farm, on the public highway, are many of them due directly and still more of them indirectly to the use of alcohol, not only to the point of obvious drunkenness, "intoxication," but when used in relatively moderate amounts under conditions that interfere to some degree with the performance of ordinary tasks or occupations. The percentage of automobile accidents due directly or largely to alcohol use by driver or pedestrian amounts to from 15 per cent to 45 per cent or more of all street accident cases coming to police attention.

17. **INDUSTRY** : Absenteeism from illness related to use of alcohol is common, particularly on Mondays and the days immediately following holidays. Output is lowered, speed, quantity and quality of product or services are reduced by the inferiority of bodily and mental performance of industrial workers who habitually or intermittently use alcoholic beverages, even if they use them in a way to avoid obvious drunkenness in the police sense of the term.

18. **SOCIETY** : Society suffers from abnormal or psychopathic conduct of persistent chronic, habitual, or occasional excessive users of alcohol. Society, the wage-earner's family suffers particularly from the diversion of some \$7,000,000,000 annually for purchase of alcoholic beverages by the consumer, from constructive uses of money for better housing, feeding of children, clothing, and wholesome recreation.

What the community gets in taxes on the beverage alcohol industry and retail trade does not nearly meet the cost of illness, death, unemployment, accident, crime, and mental disease which are the result of alcohol abuse and which the community must pay for.

Society pays two dollars for alcoholic drinks for every one it pays for education, from kindergarten to university graduate professional schools.

The expenditure for alcohol brings to society no benefits but a multitude of individual and collective misfortunes. Social progress, as in the case with individual bodily and mental performance, is obstructed and rendered inferior by beverage alcohol as now consumed in the United States.

Why Start, Continue, Quit Drinking?

Actual Answers

By GEORGE A. LITTLE

SELDOM ARE drinkers reticent about telling when and where they took their first drink. Here are actual answers as they have come recently from representative instances.

The Start

"We always had liquor at home, and I was curious to know how it tasted." "We used to have parties at my boarding house." "I took my first drink after our home team won the football championship." "I was invited to a cocktail party and everybody else drank." "I took my first drink at my sister's wedding." "We drank a toast in the officer's mess." "I was delivering parcels at Christmas, and several people invited me in and treated me." "A doctor gave me liquor when I was sick." "The first time that I tasted fermented wine was when I took communion." "The boys at the office brought in a bottle when Sonny was born." In none of these cases was drink sought for itself, but beverage alcohol was the accompaniment of some

Dr. George A. Little, Editor of Publications, United Church of Canada, Toronto, is coöperating closely in the rehabilitation of ex-alcoholics. He attended the First Yale School of Alcohol Studies, and has written "Guard Your Gray Cells," a brief, scientific story of what alcohol does to the brain. This condensation is from "Why People Drink, Why Many People Stop Drinking," in *The Temperance Advocate*, Toronto, May, '45.

special mood or occasion, an anniversary, a celebration, a family festivity.

Why Continued

Equally definite answers are given why drinkers continue to drink. Seldom is it through enjoyment of the taste of liquor; one man said, "I hate the taste of it, but I like the feel of it when it is down." A high school girl said: "It makes me kind of dizzy and I feel funny all over." A salesman says that he finds it easier to do business over a bottle. A hostess claims that liquor makes her parties lively. A somewhat diffident man says that it loosens his tongue, and makes him feel that he is as good as the boss. A young student says that he drinks to overcome bashfulness. A middle-aged man says: "I was brought up to believe that a gentleman should be able to take his liquor." Others say that they can take it or leave it alone and that they know when to stop. Many people say that they go to saloons because it is a convenient place to meet their friends. Often the statement is heard: "It has become a habit with me." Or the custom is laid at the door of "the crowd I go with." One investigator says that nearly every person has a feeling of guilt about it. Endless excuses and alibis are offered.

Why Many Quit

This study will lack *balance* unless it tells also of why many people discontinue the use of liquor. Here also are actual answers:

"Drink made a fool of me at a banquet, and I said, 'Never again'." "I nearly ran over a child with my car and I got a proper scare." "One day I walked into a bar and fell out, and I stayed out." A reporter said: "A few drinks made me feel like I was writing a brilliant story, but it did not look so good in print. The desk editor had a talk with me about it." "I found that I was wasting money that my family needed." "I took up physical culture and found that good health could make me feel better all the time than alcohol ever made me feel part of the time." "When I joined the church I decided that I could be just as good a Christian if I did not drink." "I did not want my children to drink, so I quit myself." "My wife and I discovered that cocktail parties were not doing us any good, so we took the pledge together. It has been no hardship. I no longer have hangovers at the office."

STUDENT SENDS TEACHER TO YALE

(Continued from Page 8)

bundles until they form the spinal cord which extends through the spinal column to a head in a bulb-like ending at the base of the skull between the ears. This oblong structure is called the Medulla Oblongata (pronounced gate-ä), one of the three main parts of the brain.

In the Medulla Oblongata are the centers that control the Life Functions: Circulation—the heart; Digestion—the stomach; Respiration—the lungs. These functions continue to operate when we are asleep, under an anesthetic, or unconscious, and if anything happens to any of them *it is the end*. That is why they are called Life Functions.

In the small brain or Cerebellum, and in the back part of the large brain, the Cerebrum, are located the centers that control motion, the senses, emotion, the sex urge, learning, and memory. All animals have one or more of these functions, so it is known as the Animal Level.

Place your thumb on one temple, the little finger on the other temple with the remaining fingers outspread. The rounded part of the forehead under the fingers contains that part of the brain called the Frontal Lobes. It, together with the Cortex, a thin covering over the large brain, is the physical part that makes us different from and superior to animals. Animals do not have this Intelligence Area; their head begins at the end of their nose, and extends back along the groove in the brain that physiologists call the Fissure of Rolando. Animals do not have: Imitation, or as my honored Professor Horne, of New York University, called it—Ambition (desire to be like someone or something); Conscience (right from wrong); Will (power to make yourself do the thing you may not want to do); Self-criticism (comparing self with others); Reason (the ability to answer the question Why?); Imaging (seeing a thing before it is begun—a bridge, building, garment); Judgment (capacity to make a quick decision); Self-control (power to keep from doing something). This is the physical part that makes it possible for man to enter into the spiritual realm of music, beauty, art, literature, history, and highest of all, God.

As the late Columbia University scientist, Michael Pupin, said, "It is the instrumentality through which the spirit of God speaks to the soul of man." In other words, it is the human radio.

Alcohol affects these various functions of the Nervous System in the reverse order of their development. Small amounts—as much as in a glass or two of beer—affect the highest point of human development first—judgment and self-control. As more alcohol is taken, self-control is released, the sex urge is at the mercy of the moment, emotions and senses are affected. The drinker laughs or cries easily and loudly because the hearing is dulled, sight is impaired (alcohol causes a condition that insurance companies speak of as Tunnel Vision—the drinker can see only straight ahead); distance is shortened; vision blurred; colors fade out; reaction time is slowed—result, AN ACCIDENT.

When motion is affected, the drinker staggers. Then anyone knows he is under the influence. But, on the authority of psychology, he staggered in his brain long before he staggered in his feet.

However the alcohol may be disguised, as beer, wine, cocktail, or shot of whisky, it goes down the gullet, into the stomach and intestines, and is immediately absorbed into the blood by which it is carried, unchanged, to all parts of the body, and the amount of damage will depend, of course, upon the amount of liquor drunk, rate of drinking, nature of beverage (gin is absorbed rapidly), food in the stomach, and the "personal equation" of the drinker.

Dr. Leon A. Greenburg, Yale physiologist, demonstrated his invention, the Alcoholometer, designed to aid police in determining the concentration of alcohol in the blood of a person arrested after an auto accident. A young woman member of the class, weight 135 lbs., and a man 195 lbs. in weight were given two cocktails and a highball each. After a few moments each was tested after having blown into a tube the air about to be expired after having been in close contact with the mesh of capillaries in the lungs. The apparatus automatically sampled 100 c.c. of the expired air and registered the results, accurate beyond question, within eight minutes.

One drop of alcohol to 1,000 drops of blood affects judg-

ment and self-control (this is one tenth of one per cent) ; two drops per thousand drops of blood, the senses ; three drops per thousand, motion ; five drops per thousand and the drinker is "dead drunk"—well named, for the only thing that keeps him from death is the fact that he cannot get more ; above five drops concentration, he probably won't live because the Life Functions—circulation, digestion, and respiration are damaged. The "patient" is really very ill. He has deliberately put himself in the cycle lower than the animal, for the beasts are governed by instinct in regard to what they may or may not eat or drink. After a few drinks a man's judgment is not to be trusted ; he is "like a man in the trackless forest without a compass,"—like a pilot off the beam.

Even the human being who is a moderate drinker, and perhaps boasts of his ability to control the amount, is in danger of degrading the best that is in him, those God-given qualities which make man superior to animals and capable of having dominion over them.

SIGNIFICANCE OF THE PROGRAM

(Continued from Page 6)

think. I may be interested in adults learning to shoot straight, but I am more interested that they learn to shoot rattlesnakes instead of their next-door neighbors. If alcohol does all that we have been told during the week, then the better part of wisdom is to avoid its use. To regard a thing as good or bad, depends upon what it does to a person ; if the outcomes are bad it must be stupid to continue its use. It certainly does not become intelligence to begin a practice just for the purpose of getting rid of it again.

Changes in Scientific Information

A scientific fact of today is not necessarily a scientific fact for all time. Very few things may be said to be true always and everywhere. The highway of human progress is littered with what at one time were considered scientific data. The accepted truth of one age becomes the discarded data of a succeeding age, and, though unfortunate, there seems to be no way to avoid it. This is the course of human progress. At one time scientifically-minded men believed the earth is flat, that

spontaneous generation is a fact, and that blood-letting is a sure remedy for disease. The method of treating pneumonia in vogue fifty years ago long since has been abandoned as unscientific; who would venture to assert that the present method is final? During the Middle Ages, a certain substance was used as a cure-all for human ailments; today that same substance is used as an insect powder. Truth obviously classifies itself into two classes, the absolute and relative; often man mistakes the one for the other, or the one may in course of time become the other. The law of gravity is accepted as an eternal truth; when disobeyed, the disobedient suffer, but gravity continues to operate. If alcohol is injurious to man, and it has been indicted as such again and again this week, why continue to court its illusory favor?

Broad Interpretation Necessary

The statement of an accepted fact should always be interpreted in the light of its total setting. It is often misleading to quote isolated statements. The statement, "Let each man bear his own burden," may be correctly quoted only in connection with its complementary statement, "Bear ye one another's burdens." It is all but impossible to avoid the personal equation in our thinking. Why don't people think alike? Why don't people see the same thing in the same way? Contrary to popular opinion, people do not think with their head; they think with their experiences. As William James put it, "our thoughts are our thinkers." Individuals, groups, nations, and races, do not think alike because their experiences are different. The city dweller does not understand the problems of rural life any better than the rural dweller understands the problems of city life. This kind of a situation is perilous in a national sense but even more so in an international sense. Every experience that we are in process of acquiring is being colored by the experiences we already have. There is no way of escape from it. The only satisfaction it affords lies in the fact that it has at least as many assets as liabilities.

We suffered some disillusionment at times during the week because we didn't always receive in certain lectures what we thought we would get. When things were said that differed from our accustomed ways of thinking, we were disturbed.

The week was probably too short a time to make the needed adjustments in our thinking. Because we listened to something at variance with our own thinking, we felt we were called upon to substitute the new idea for an old one. Such a frame of mind may lead us to confusion worse confounded. On the other hand, when the mind is impermeable to a new idea, whether right or wrong, then growth becomes next to an impossibility. Some of us may have been bewildered and confused when first exposed to the theory of evolution, but maturer thinking enabled us to see sense and system in what appeared at first as mere nonsense.

All this may help us to see the same truths but in a different way. A house continues to be the same house when viewed from a different perspective. The week's proceedings have enlightened, strengthened, and confirmed my views on total abstinence as the only sane and sensible position on the beverage alcohol question.* Any lecturer who would attempt to change them would have the time of his life. I possess too much data in support of my point of view to give it up. The indictment of alcohol as an enemy of the human race is too evident. The research work of Dodge, Wells, Benedict, McDougall, Hollingworth, Miles, Kraepelin, Rivers, and many others, is also scientific, and can be quoted with assurance. Let us return home, and, with a new understanding and renewed effort, continue the temperance program that thus far has been so well carried on.

CHIEF FACTOR IN SOCIAL STANDARD

There is little doubt that the social standard is the principal factor. A very large percentage of younger bloods seem to consider it necessary to adopt all the prevailing drink customs of today. Charles Stelzle once said that the average working man feared losing his job more than he feared going to hell. It is obvious that a large percentage of young people, as well as their elders, and *especially the socially élite*, fear being unpopular in their set more than they regard their integrity of character.—JOHN L. WARNER, Binghamton, N. Y., former Associate Editor, *The Intercollegiate Statesman*, predecessor of *The International Student*.

Cult of Toxic Culture

*Seek the Truth
Come Whence It May
Lead Where It Will*

Popular Siren

WHEN YOU HEAR the siren of a Los Angeles police ambulance remember that one out of three such sirens is sounded on an ambulance carrying a drunk to the police station.—*Los Angeles Times*.

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Conquest of Inebriety

The conquest of inebriety rests in its prevention, and only concentrated efforts, with enlightenment, education, religious support, and a complete change of thought and attitude toward excessive drinking, will reach the goal.—FRITZ KANT, M.D., University of Wisconsin, Medical School; *Quart. Jr. Alcohol Studies*, Dec., '44, 375.

o o

Customs Sift Downward

It is crucial to recognize the attitude of the upper classes toward drinking because behavior patterns tend to sift downward in our society. Middle groups are likely to become tolerant and, perhaps, ultimately imitative of the customs of the top-most groups into which they, as individuals, would like to move. It might be said that the failure of prohibition legislation lay in our social class system, for the highest people socially did not taboo drinking and their social customs were stronger than legislative controls.—JOHN DOLLARD, PH.D., "Drinking Mores of the Social Classes"; lecture, Yale University School of Alcohol Studies. *Alcohol, Science and Society*, 99.

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Auto Accidents Increase

"Drunken driver automobile accidents are increasing in cities of the United States in relation to the total number of accidents investigated by police," according to a report, July 30,

1945, of a survey among chiefs of accident prevention bureaus of police departments in 300 cities, by the American Business Men's Research Foundation of Chicago. Of the cities investigated, all over 30,000 in population, 46 per cent reported increase, 25 per cent little change and 29 per cent decrease in the number of drinking-driver accidents.



Insurance Advantages

In a recent circular the Fidelity Union Life Insurance Company of Dallas, Texas, calls attention to the following facts:

1. Abstainers should receive some reduction in life insurance cost.

2. People who live in brick houses do get lower fire insurance rates.

3. Employers who use modern machinery and have "safety first" programs do get lower compensation insurance rates.

4. People not in hazardous occupations do get lower accident and health rates.

5. The use of alcohol in any form is a "hazardous occupation." Doctors say it injures the human body.

6. Doctors say that alcohol is the No. 1 ally of disease and accidental injury.

7. People who do not drink do extend their life expectancy years.

8. In the last seventy-two years the life insurance companies of England have "returned" millions of dollars in special dividends to abstainers.



Those Ads

In the glowing universe of the whisky ads, nobody ever gets potted, or beats up bartenders, or falls down elevator shafts, or makes a pass at other men's wives, or runs over kids in the streets, or even has a teeny-weeny hangover. On the contrary, there is no end to what a fine whisky can do for you. . . . But if those whisky ads don't get down to earth and stop urging a bourbon diet as a road to salvation, they will just be legislated off the map again, as sure as I am a Man of Distinction.—"Strictly Personal," by SYDNEY J. HARRIS, *Chicago Daily News*, May 10, 1945.

Seriously Complicates Child Welfare

By WALTER O. CROMWELL

DURING the past *ten years* the Juvenile Protective Association has investigated thousands of retail liquor establishments in connection with their effects on the welfare of children in home and community life. . . . This report is an analysis of our investigations, records and experience in dealing with liquor control in relation to child welfare.

The impact of war has increased the damaging effects of liquor on child welfare. However, liquor's damage to youth is not a by-product of the war. Since repeal we have observed the steady growth of demoralizing forces connected with the illegal sale and use of liquor on home and community life.

Our experience with family and community life in thousands of cases we have handled leaves no doubt about the damaging effects of the illegal sale and use of liquor on children.

Summary of Investigations

Our investigations during 1944 of 839 places selling liquor revealed the following:

- 504 places violated the lighting and obstructed view law.
- 461 places provided some form of gambling.
- 292 places were selling liquor to minors.
- 277 places were selling liquor to intoxicated patrons.
- 135 places ignored health and sanitation laws.
- 252 places allowed unescorted women and girls to mingle and drink with men patrons.
- 126 places employed minors.

Mr. Walter O. Cromwell is Director of Community Conditions for the Chicago Juvenile Protective Association. In this position he has unusual opportunity to observe the complicating effects of liquor on child life in the communities in which it is most prevalent. This article is from his report for 1944.

- 17 places employed hostesses to solicit drinks.
- 16 places permitted entertainers to mingle and drink with patrons.
- 13 places permitted indecent entertainment.
- 8 places allowed prostitutes to solicit on the premises."

These violations were observed on the premises during the time of our investigations. Comparative figures reveal that open soliciting by prostitutes and by hired hostesses in taverns has decreased, but that liquor sales to minors and to drunken persons have increased. There has also been a great increase in the number of unescorted women and girls mingling and drinking with men they meet in taverns, and little change in the high percentage of places violating the laws regarding obstructed view and gambling. The number of places illegally employing minors has also increased.

Women and Girls

It is not unusual today to find taverns where women patrons outnumber the men. But these are not the only women in taverns. In addition to female patrons who range in age from grammar school girls to grandmothers, there are women and girls as bartenders, owners, managers, waitresses, gambling game operators, entertainers and hostesses.

Minors

Evidence which we have accumulated during the past year indicates that more boys and girls are drinking alcoholic beverages today than ever before. There are three reasons for this:

(1) Many parents are accepting less responsibility for the conduct and welfare of their children.

(2) The laxity of officials in enforcing liquor laws has increased.

(3) The examples set by adults and the increase in liquor propaganda and advertising, in printed matter, over the radio and in motion pictures.

Cases of minors taken into custody in connection with liquor law violations are not an index of the extent to which minors are involved in drinking because no uniform statistics on such cases are available and apparently only a small per cent of the minors involved in such violations are taken into custody.

Drinking minors are frequently involved in other offenses for which they are arrested: this is especially true regarding sex offenses. . . .

Citizens Tolerate Abuses

The widespread influence of the tavern with its illegal practices and its demoralizing effect on individuals and communities is a product of the inefficient administration of our laws, and the absence of a unified and strong public concern for community welfare. How much more our citizenry will tolerate of chronic alcoholics, broken homes and domestic discord, demoralized youth, the degradation of women and girls, the spread of venereal disease and corrupting of public officials, because of the illegal operation of places selling liquor, is a matter of conjecture.

RETARDING SAFETY EFFORT

It is very difficult to wage a campaign concerning the influence of alcohol on the motor driver, because of the strong vested interest. The alcohol trade in this country has a political influence which must be seen to be believed. Scientific bodies of the highest distinction have made investigations and reached conclusions quite beyond any dispute to any intelligent person. The Medical Research Council appointed a special committee to report on the subject, and came to the conclusion that alcohol, besides impairing so many of the faculties, gives a sense of well-being. Alcohol, even in small quantities, prolongs the reaction time when it is of prime importance to the motorist to shorten the reaction time. There is no truth in the idea that alcohol can be used as a spur to activity when one is tired.

A committee of the British Medical Association reached the same conclusion while a report has just come to hand from the National Safety Council of the U.S.A., which says that in 1943 one of every eight drivers involved in fatal accidents had been drinking, and in one out of every three fatal accidents at night there was drinking by a driver or pedestrian.—SIR ERNEST GRAHAM-LITTLE, Member of Parliament for the University of London, London, England, *W. T. Herald*, May, '45.

THE LECTURES of the FIRST YALE SCHOOL OF ALCOHOL STUDIES

SUMMER COURSE OF 1943, CONDENSED

The latest information on the alcohol problem; in popular, condensed form for the busy educator, minister, doctor, student, welfare worker—the best that science has to offer today.

CONTENTS

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The Alcohol Problem: Formulations and Attitudes, DR. JELLINEK.

An Anthropological View of the Alcohol Problem, DONALD HORTON, PH.D., Anthropology, Yale University.

Drinking Mores of the Social Classes, JOHN DOLLARD, PH.D., Professor, Social Anthropology, Yale University.

The Physiology of Alcohol, HOWARD W. HAGGARD, M.D., Director, Laboratory of Applied Physiology, Yale University.

Significance and Determination of Alcohol Concentration in the Body Fluids and Tissues, LEON A. GREENBERG, Assistant Professor, Yale University.

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Legal Problems Relating to Alcohol and Accidents, DR. BERRY.

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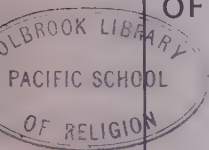
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THE
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In This Number - -

*Yale School of Alcohol Studies
Reactions from Students*

*Alcohol, Science and Society
A Review*

Should Liquor be Advertised?

Cult of Toxic Culture

*All-Inclusive Program
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THE INTERNATIONAL STUDENT

NOVEMBER, 1945

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HARRY S. WARNER, *Editor*

New and Renewed Educational Leadership

A SENSE of confidence and enlarged interest in promoting educational activities on the Alcohol Problem, may well be expected, in many directions, in view of the decided lead already taken by great universities, many colleges, state boards of education, and groups with a scientific and educational attitude. Thus, new leadership *may naturally be expected* to come also from:

College and high school educators, in the setting of standards that are in harmony with scientific research and the best information now available.

College students and student leaders, in seeking a really intelligent basis for personal attitudes, group practices and social influence.

The great body of college alumni, who, recalling the inspiring outlook of their own college days, seek to have a creative part in forming community and public opinion.

The men and women—highly and technically prepared—who are the responsible leaders of social and civic affairs and are called upon almost daily to deal with the hard realities of drunkenness in the police courts, hospitals, detention homes; the distracted and broken homes, the disreputable "joints" of any variety and the slums of city and village where the grosser and matured forms of alcoholic social and family living appear.

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Yale School of Alcohol Studies

Summer Session of 1945

FOR THE THIRD consecutive year, with an enrollment of 145 selected and widely representative members, a faculty of thirty-one university and expert lecturers, and a long list of applicants that could not be accommodated, the Yale University School of Alcohol Studies has demonstrated a new and positive place of leadership in scientific understanding of the Beverage Alcohol Problem for America—and for the thinking world.

It was a school of graduate rank, held to bring into educational service the accumulated knowledge and results of recent scientific research on all phases of the problem; to dignify and encourage use of this material; to demonstrate a new educational approach; and to encourage wider interest in and more practical efforts toward solution of the problems of alcohol, by citizens—educators, ministers, welfare leaders, civic leaders—all who have the realistic task of facing the unfortunate results of liquor in daily life, public health, and public affairs.

Extending through four closely-filled weeks of lectures, seminars, panel discussions led by experts, group discussions, July 12 to August 7, inclusive, the school enrolled 26 educators, college professors, high school teachers, and state and local administrative officials; 50 ministers, many denominations, Protestant and Catholic; 26 case workers in city welfare service, lawyers, physicians, members of Alcoholics Anonymous, members of liquor control boards, representatives of the liquor industry, temperance and reform workers and civic leaders from all parts of the United States, and six from Canada. The faculty consisted of Yale University pro-

fessors and research specialists; similar experts from Harvard and Columbia Universities; specialists from the great hospitals and welfare agencies of New York and Boston and specialists in other fields of education, research and publicity.

The number of applicants, each year of the school, has been many, many times as great as the number that could be accepted, running as it did to several thousand in 1944 and 45. "If such a school had been proposed only five years earlier," said Dr. E. M. Jellinek, Director, "probably only fifteen or twenty men and women would have availed themselves of the opportunity. It has been said that the School of Alcohol Studies has created the present interest in the problems of alcohol. The truth is that the interest in the problem has created the School. The summer courses at Yale, however, have contributed to the growth of the interest and have made it possible to talk about these problems without being suspected of propagandistic designs."

REACTIONS FROM STUDENTS

Definite Conclusions

THE PROBLEM of alcoholism has constantly baffled mankind. In the course of history, many solutions have been proposed, but it is quite true to say that none has been wholly successful. It is the feeling of those who have studied the problem thoroughly that in no sense has the failure been due either to a lack of enthusiasm or to disinterestedness, but rather that the attempts at solution have been too fragmentary, based on single factors of the problem rather than comprehension of the difficulty in its entirety. For this reason the Yale School has attempted—and successfully, I feel—to explore the problem from every possible angle, demonstrating it in its totality and placing all factors in their proper integration. . . .

I left New Haven with four definite convictions: . . . (1) That in my pastoral counseling with alcoholics I would work in close coöperation with my local group of Alcoholics Anonymous. Its members know the problem from all angles. (2) That the youth of my congregation would know the *facts* about the alcohol problem. . . . (3) That I would coöperate with all agencies in the community that are interested in this

problem . . . social agencies, probation officers, educators. . . . (4) That I would publicize the Yale findings as widely as possible. . . . The Yale School has not solved the problem of alcohol but it has gone a long way in showing its complexity.—THOMAS F. HUDSON, Minister, Westminster Presbyterian Church, Portland, Ore.

Outlines Program

SOME POSITIVE IDEAS have arisen, as one outcome of the School:

(1) Our concern is with solution of the alcohol problem, a task so involved with history and social growth that we can ill afford to carry too definite pre-conceptions as to what the ultimate solution may be. Our methods must be fashioned to the needs of changing situations.

(2) Our approach must be scientific. Unrelated information proves nothing. We must learn to work from the broadest possible base. There is ample room for difference of opinion, but dissension is more dangerous than delay. We must seek the common denominator around which the greatest possible unity of thought and action can be developed.

(3) There are reasons,—deep, long-established human reasons,—for the alcohol problem which must be explored and dealt with as part of the solution.

(4) Four constructive steps suggest themselves:

a. General recognition of alcoholism as a disease and the development of adequate therapy.

b. Establishment of a research center in one of our universities so that Canada may have the benefit of first-hand scientific information.

c. Organization of miniature "Yale Schools" in various centers for the dissemination of accurate and adequate data.

d. Approach to the Department of Education with the findings of the Yale School and a coöperative effort towards carefully integrated alcohol education at every appropriate place in the curriculum of public and high schools.

A long and painful road lies ahead, but Yale has convinced me as nothing ever did before that beverage alcohol does not belong in the human economy and that ultimately the problem will be solved. The day will be hastened as temperance folks

learn the lessons of the laboratory, which are mainly,—accuracy, coöperation and patience.—ALBERT JOHNSON, Ontario Temperance Federation, Toronto, Canada.

Summarizes Findings

SOME OF THE IMPORTANT findings of the Yale School which have general application and should be widely publicized are:

(1) Alcoholism is a disease and the alcoholics should be given hospital and psychiatric treatment rather than jail and workhouse sentences.

(2) The diseases of alcoholism are the result, not of the direct actions of alcohol upon any organ, but of nutritional deficiency resulting from the disruption of the vitamin ratio in the body caused by the excessive intake of calories in the alcohol.

(3) Physiology does not have the answer to the alcohol problem but the solution does lie in the field of sociology.

(4) Since alcoholism is not hereditary, and since alcohol does not damage the reproductive germ cell, the problem of alcoholism becomes a problem of environment; an apparent task is the removal of beverage alcohol from the environment.

(5) There is no such thing as a built-up tolerance to the lethal dose of alcohol. The novice and the excessive drinker of many years are "in the same boat" so far as the lethal dose is concerned.

(6) The immediate effect and danger from drinking is not cirrhosis of the liver, but the repulsive experience of drunkenness, and its accompanying experiences.

(7) While alcohol has the properties and effects of the analgesic, the sedative, the narcotic, it is finally an anæsthetic; its effects on the central nervous system, beginning at the top—the highest and latest developed faculties—and moving progressively down through all the controls of the personality, the person, until, in cases of acute alcoholism, it paralyzes the controls of respiration resulting in death.

(8) The vast majority of "compulsive drinkers," or alcoholics, begin as social drinkers, intending to go no farther than convivial moderation. The alcohol sets in motion the per-

(Continued on Page 57)

Alcohol, Science and Society

An Editorial Review

NO BOOK of recent years—if ever—has brought to the public such basic, such widely comprehensive, and so much information of a scientific and educational character, on the problems of beverage alcohol, personal and social, as has *Alcohol, Science and Society*, a book of 473 pages, issued early in 1945 by the Yale University School of Alcohol Studies. A suggestive, all-over view of its contents is attempted in this review.

Many Specialists Contribute

Explaining the wide range and abundance of scientific and other objective knowledge now available, the many sources of the problem and how the lectures to be given at the School by high specialists, can and should be coördinated into one understanding of The Alcohol Problem as a whole, Dr. E. M. Jellinek, Director, in his opening lecture, made it clear that no one field of research alone can offer full explanation or a basis for solution. For example, while the idea of the School of Alcohol Studies itself originated in the Physiology Laboratory of Yale, the facts that physiology has to offer are relatively less significant than those from other sources; little stress and few lectures would come from the field of physiology. "By itself physiology could not contribute essentially to the solution of the alcohol problem, but the goal could be achieved only through an integration of the researches of many branches of science,"—physiological, sociological, clinical, social, economic, medical,

The 1945 book, *Alcohol, Science and Society*, contains in full the lectures and discussions following the lectures that were delivered at the Yale University Summer School of Alcohol Studies in 1941. It was used as general text in the Session of 1945. Published by *The Quarterly Journal of Studies on Alcohol*, 4 Hillhouse Ave., New Haven, Conn., \$5.00.

legal. Physiology does not explain how inebriety arises; it has yielded no tools to aid prevention of inebriety, although it contributes an essential part in the larger program of understanding.

The meaning of the scientific approach now being made, is shown in this statement: "In the past there has been a lag of 40 to 50 years between the findings of research and the knowledge of the public . . . the public has been using obsolete ideas." The scientist is now coming out of his shell, realizing his social responsibilities and putting his knowledge to work in the solution of social issues.

The Problems of Alcohol. In his second lecture Dr. Jellinek explored the background of alcoholic drink and the problem of alcohol in modern life, including its many confusing elements. He emphasized the importance of unemotional, objective study of all its sources and bearings, as necessary to clear understanding. "When emotion says that an object is dangerous, one is inclined to attempt to counteract its effects without knowing how it originated, how firmly it is founded, and what makes it survive. Ethyl alcohol, in a great variety of beverages, has remained in use through thousands of years and many cultural changes, because it serves some function which man, rightly or wrongly, values—ceremonial, release from tension, and others. It has become "a substance of everyday use . . . a condiment, a refreshment, and its original use is transformed into folk customs. This process, in turn, facilitates excessive use for release from tension. . . . The problem becomes enhanced through organization of the supply and the vested interests behind it."

The Metabolism of Alcohol. Dr. Howard W. Haggard, Director of the Laboratory of Applied Physiology, Yale University, in his first lecture, said, "the term 'metabolism' as I shall interpret it, means everything that happens to alcohol from the time a man drinks it until it disappears from his body"; "what the body does to alcohol." He left to a second lecture "what alcohol does to the body." Oxidation, the chemical combination with oxygen, or process by which food substances, such as sugars and fats, liberate their energy in the form of heat and work, takes place rapidly. He described how

oxidation occurs and indicated that "the calories derived from alcohol replace those of the other foods and take precedence over them to the extent to which the alcohol is burned. He discussed what happens in connection with drinks of different degrees of concentration, from the mildest at 3 per cent alcohol content to those of 50 per cent alcohol, and the rate at which alcohol is eliminated from the body.

The Concentration of Alcohol in the Blood and Its Significance, by Dr. Leon A. Greenberg, Assistant Professor of Applied Physiology, Yale. Alcohol is one of the very few substances that are absorbed in large amounts and immediately on reaching the stomach and intestine. While the absorption is direct, the rate is conditioned by degree of solution, presence or absence of food, and other factors. In the blood the alcohol is diluted by the blood itself; it is distributed to all parts and tissues of the body. It reaches the highest degree of concentration in the blood and the cerebrospinal fluid; concentration is light in the muscles and the bones. Its presence in the brain is responsible for intoxication.

To determine the degree of intoxication, chemical tests of spinal fluid, blood, urine, saliva and breath have been devised. Testing the breath has been found to be most practicable. Before the days of the automobile, intoxication hazards were confined largely to the inebriate and his family; now, they are a matter of great public concern, since the intoxicated man often possesses a lethal weapon—the automobile. Investigators are virtually unanimous in concluding that any one with 0.15 per cent or more of alcohol in his blood cannot escape impairment of his faculties; that below 0.05 per cent he may be regarded as sober. In the range between, impairment varies with individuals and conditions. To solve the uncertainty, the definite line at which one may be regarded as "under the influence" should be fixed at 0.05 per cent. The alcoholometer, demonstrated before the class, has been found effective by scientists and police officials, in determining the degree of intoxication, and whether there is intoxication, following automobile accidents.

Physiological Effects of Large and Small Amounts of Alcohol. In this lecture, Dr. Haggard brought out that alcohol in ordinary amounts does not greatly affect the organs and

tissues, except that in high concentration it has an effect directly in the digestive system. But the concentration of alcohol in the blood, which would disturb the functioning of the brain and nervous system, is far lower than that which would have any appreciable effect on other tissue, such as muscle or heart. The intoxicating effects occur in the brain. These disturbances are functional; changes in behavior, such as slurring of speech, staggering, are caused by disturbances in the nervous system. Alcohol does not reach the brain in a concentration sufficient to cause organic changes, destroy the cells, or withdraw water from them. But the functional changes are important, because the specialized cells in the organs, and the organs in the body, must function together to carry out their purposes. Therefore damage to the nervous system affects many other highly specialized organs.

Dr. Haggard classified alcohol as a depressant and an anesthetic. "An anesthetic induces a progressive descending depression of the central nervous system. This progressive feature is peculiar and definite. . . . You may correctly call alcohol a sedative, if you refer only to its calming effects—relief from tension—in small amounts. You may even classify it as a hypnotic if you limit your attention to its sleep-promoting effects. You may say that it has narcotic effects in that, in somewhat larger amounts, it relieves pain and causes sleep."

Alcohol and Nutrition: The Diseases of Chronic Alcoholism. Dr. Norman Jolliffe, Associate Professor of Medicine, New York University, said that "primary consideration must be given to the nutritional deficiencies which may be caused by alcohol"; that there is where the chief bodily injury from excessive drinking occurs. Alcohol becomes an important item in the diet of the heavy drinker; it provides calories, but reduces or destroys the desire for food containing other essential ingredients, vitamins, minerals, proteins. "If a man drinks, say, a pint of whisky a day, 1,600 calories of his consumption of other foods will, over a period of months or years, be reduced by an average of 1,600 calories a day, or the man will rapidly gain weight. Whisky contains no vitamins. In taking such calories he omits from his diet—to a corresponding number of calories—the meat, bread, potatoes, vegetables and fruits

which supply vitamins, minerals and proteins." As a result of this nutritional deficiency, polyneuropathy, pellagra, encephalopathy, cirrhosis of the liver, and other serious diseases develop.

Effects of Small Amounts of Alcohol on Psychological Functions. In this lecture Dr. Jellinek discussed the important place given by psychiatrists to the changes in behavior brought about by intoxication. He showed that the modern view that "ordinary acute intoxication is a temporary psychosis, was recognized in ancient India"; that it was well expressed by Seneca, that "drunkenness is nothing but an insanity purposely assumed." The present-day psychological formulation that inhibitions are removed in intoxication was also expressed nearly 2,000 years ago by this Roman lawyer: "Drunkenness . . . removes the shame that veils our evil undertakings."

The results of psychological experimentation were explored; that the central nervous system is most affected; that changes in overt behavior, perception, various reflexes, such as reaction time, can easily be observed after alcohol intake. "Of all the psychological functions measured, none showed a stimulating effect of either small or medium amounts of alcohol. As a matter of fact, all functions took place on a lower level. The most important conclusion to be drawn from psychological experimentation is that alcohol is a depressant, not a stimulant." "It affects first the higher brain centers which control the voluntary behavior and emotions, while the lower centers which control such vital functions as breathing are affected only in severe intoxication."

Drinking Mores of the Social Classes, by Dr. John A. Dollard, Research Associate, Social Anthropology, Yale University. The use of alcoholic beverages and the social behavior relating to drinking, are learned, as are other social concepts. The trend of such learning is determined by the specific culture pattern in which the learning takes place. "Drink behavior follows the same basic laws as behaviors relating to housing, clothing, games and all other human activities." The social controls exercised by the various social classes are significant. These informal ways by which drinking behavior is defined, include (1) conscience: each of us has learned from

childhood that it is "wrong" to indulge in certain impulse gratifications; (2) our social system. The democratic system probably works better here than anywhere else in the world, but "research shows that we have a system of ranked social groups. . . . This system controls our most intimate behavior and thoughts. Position in the social sphere is indicated by our friends, the group with whom we feel comfortable."

The bearing of this social system on the alcohol problem is shown by the fact that in the "Upper-Upper," old family group, 2 per cent of the population, drinking is not a moral matter; people at the top drink much, both sexes, in party style. They have certain stiff controls, not found in the lower groups; aggressive behavior is heavily penalized; not drunkenness but anti-social conduct while drunk is condemned. These patterns tend to sift down to the groups below. The "Lower Upper" group has "the cocktail set." They drink more recklessly; many are families of new wealth, feeling frustrated in the face of those above who "own" the social territory in which they live. The "Upper-Middle" class, 10 per cent, strongly value health, talent and money; moral values have a restraining influence. But they feel the influence of those above; men drink on social occasions, women rarely. "In the "Lower-Middle" group, 28 per cent, both sexes taboo drinking; traits of respectability are highly valued. They are more stringent than any other in exerting social control over drink; many do not drink at all. In the "Upper-Lower," 33 per cent of the population, there is much more drinking. This includes the labor group who have occupational restraints, but no social taboos against drinking. In the "Lower-Lower" class, 25 per cent, drinking is socially unrestrained; the Saturday-night-to-Monday-morning binge occurs; both men and women drink; there is much aggression, arrests for drunkenness, chronic drunkenness.

"The task of changing social habits is no small undertaking. Such changes cannot be accomplished by force alone, because the emotions which make people feel comfortable in their habits exist in their own social groups, and they do not care what outside groups think about them."

Heredity of the Alcoholic. In this lecture, Dr. Jellinek said: "The problem of germ damage, and therefore damage to

the offspring, through parental alcoholism, has attracted many investigators. . . . The investigations of the parentage of alcoholics, however, are less numerous. . . . The distinction between biological and social transmission, and the discovery of modifications of biological characters through the environment have had great influence in reorienting investigations on the rôle of heredity in alcoholism." The lecture tended to indicate that a craving for alcohol or intoxication is not biologically transmitted. The question now being studied relates to the greater risk of alcoholism in certain families with pathological personality derivations. "The only permissible conclusion is that not a disposition toward alcoholism is inherited, but rather a constitution involving such instability as does not offer sufficient resistance to the social risks of inebriety." "To the mental hygienist the realization of these facts is of the utmost importance; the implication is that he is not faced by implacable fate." For the alcoholic this brings a ground for new hope; he would be hopeless if his trouble had been inherited.

The Children of Alcoholic Parents, Raised in Foster Homes, by Dr. Anne Roe, Research Assistant, Psychology, Applied Physiology, Yale University, is a study of what happens in the lives of children born in the alcoholic atmosphere of alcoholic homes, but removed from their parents and raised by normal parents. The lecturer compared them with a similar group of children that did not have such heavy drinking parents. One of the significant conclusions reached is that "the high incidence of alcoholism and psychosis in the offspring of alcoholics is not explicable on the basis of any hereditary factor. It is clear that these children of alcoholic parentage, even though they had on the whole more disturbed early years and less desirable foster homes than the children of normal parentage, nevertheless have succeeded as adults in making life adjustments which are not significantly inferior in general to the adjustments made by the children of normal parents." "Alcohol parentage, then, does not preclude good adjustment; nor, under reasonably adequate life circumstances, make it more difficult."

Theories of Alcoholic Personality, by Dr. Carney Landis, Associate Professor of Abnormal Psychology, Columbia Uni-

versity. The speaker raised the question: "Is there a personality type, a relatively constant combination of psychological traits, which, appearing in an individual, renders him especially susceptible to the intemperate use of alcohol; or is there no such special personality type, but only alcohol acting on any or all of the varieties of personality? Is a man a drunkard *because* he is peculiar, or is he peculiar *because* he is a drunkard, or is he just drunk *and* peculiar?"

Summarizing, he concludes, in part, that "psychologically speaking, alcoholics are of many kinds, the addict and the symptomatic drinker constituting the two major types. Addicts may be divided into those whose drinking is occupational, in that it depends on environmental circumstances and opportunity; and the essential addicts, those whose drinking is an obsession. . . . The symptomatic drinker—the psychotic or neurotic—may become alcoholic because of either opportunity or craving. Most of the theories of the alcoholic personality are based on a minimum of factual evidence. . . . The theories are contradictory."

Alcohol and Aggression, by Dr. Ralph S. Banay, Lecturer in Criminal Psychopathology, College of Physicians and Surgeons, Columbia University. A discussion and study of the courage that is artificially achieved through intoxication, the aggressive tendencies that are released by alcohol. He included development of the personality as influenced by alcohol, immature adults, inebriety, working out into crime, alcohol and suicide, and concluded that "there is much clinical evidence that the aggression released in alcoholic intoxication often turns against itself, at least in the form of severe self-recrimination."

The Functions of Alcohol in Primitive Societies: Dr. Donald Horton, Assistant in Anthropology, Yale University, discussed the continuity and survival of drinking customs from the primitive days of modern peoples and among the primitive people of today. He showed that its use and the desire for it have continued persistently, notwithstanding other interests and the criticism against it. "Alcohol appears to be a strong and successful custom in the face of competition with other customs," . . . it has "continued and spread, and every year penetrates into areas where it did not exist before." He discussed

the restrictions placed on it by custom, gave as chief occasion for its continuance that it served primitive peoples as a means of relief from anxiety, from fear of neighboring tribes, famine, anything that causes states of anxiety, against which man feels helpless. It has come to have the function, in all kinds of human social activity, of reducing the inevitable anxieties of human life.

Alcohol and Complex Society, by Dr. Selden D. Bacon, Assistant Professor of Sociology, Yale. In this lecture there was developed the rôle of alcohol in modern complex society, where specialization in living and work, social stratification, dependence of one group on another, and money, are dominant factors, and where alcohol in its relation to increasing sources of tension, has wide prevalence. Certain quotations are suggestive: "Western civilization, a complexity dominated by economic specialization, has enormously increased the number and variety of goods. . . . This is as true of alcoholic goods and services as of others." "Three functions, earlier served by alcohol, have practically been eliminated: its food value, medicinal value, and religious-ecstasy value. But modern conditions "have enhanced the need for integrative mechanism in society. . . . The function of alcohol in depressing certain inhibitions, anxieties, aggressions and tensions, thus allowing relaxation, has increased significantly." "The very nature of the specialization process has created a network of relationships, activities, wealth, social position, and so on, which revolve around the business of alcohol, thus bringing into existence a set of factors not present in simpler societies." "The need for sharp discrimination, if society is to exist, for caution, accurate responses, timing, coöperation and the acceptance of responsibilities, has increased; alcohol in excess may deteriorate all of these. The pattern of alcoholic behavior infiltrates throughout the society; drinking occurs largely as individual reaction. "Control of drinking behavior in the complex society is a more difficult task than in a simpler society." "The power of alcohol to deteriorate personality is thus enhanced in complex society." "Social complexity has added new forces and motivations for the production and distribution of alcohol. It has taken away the power from agencies of control which once could be efficiently used."

"Solving this complex problem will be hard, the price will be high, but it can be done."

Some Economic Aspects of Inebriety: Dr. Benson Y. Landis, Lecturer (Economics), Applied Physiology, Yale; Department of Research, Federal Council of Churches. This lecture estimated and discussed the costs of alcoholic mental disorders, bodily diseases associated with inebriety, the rôle of intoxication in accidents, crime, and the loss of earnings due to drink disabilities. It brought out the latest economic information as to consumption, manufacture and distribution; public revenues obtained and the uses made of them. The speaker disclosed the information that practically none of the heavy revenue obtained from liquor is used to help discover ways and means of preventing inebriety, or of reducing the social costs of misbehavior due to drink. "Thus the total effect of these policies is that the public has a socially irresponsible attitude toward the serious questions under consideration."

Excessive Drinking and the Institution of a Family: Dr. Bacon. This lecture analyzed the American family and its structure; the many needs and functions it serves, "the most useful technique of association known to man." Directing attention to the rôle of the husband and father, since in this country heavy drinking is largely a masculine affair, the lecture lays down as thesis that "excessive drinking and the marital association are incompatible," more incompatible than is drink with any other social institution. "The factors in personality leading to excessive drinking tend to preclude or debar marriage." If marriage occurs, they are apt to result in dissolution, and inebriety is exceptionally high among widowers.

Alcoholism and Pauperism: Rev. A. J. Murphy, Director, Catholic Charities Bureau, Cleveland. "Excessive drinking as a destructive factor in the economic life of families and the nation," said the lecturer, "has never seriously been questioned by observers. The extent of its incidence and its exact cause or effect relationship have frequently been the subject of wide debate. Benjamin Franklin's first summarization of the effects of drinking in its economic aspects probably epitomizes the viewpoint of most men after his time. He said: 'Some of

the domestic evils of drunkenness are houses without windows, gardens without fences, fields without tilling, barns without roofs, children without clothing, principles, morals, or manners'." The speaker discussed the economic status of the inebriate and the alcoholic as a client of the social agencies, the dependence of his family on these agencies, and the results of combined alcoholism and pauperism in the community.

Alcohol and Traffic: Dr. Donald S. Berry, Director, Traffic and Transportation Division, National Safety Council. This was a lecture of concrete, practical information regarding traffic accident tolls, expected trends in the post-war period, alcohol and accidents, reports of "had been drinking" accidents, case studies of accident victims, laws on drunken driving, difficulties in enforcement, chemical tests, the preparation of evidence for the court, and the vital importance of a public educational program.

Philosophy of the Temperance Movement, a panel discussion by Harry S. Warner, editor of *THE INTERNATIONAL STUDENT*, Rev. Francis W. McPeck, Director of Social Welfare, Washington, D. C. Council of Churches, and Dr. E. M. Jellinek.

Opening the panel, Dr. Jellinek indicated that the movement, discussed in an objective way, might well be the subject of scientific study; that "In the alcohol problem, total abstinence and the movement around it are as significant a phenomenon as is alcoholism; that non-drinking, as well as drinking, is related to vast cultural patterns, "to an outlook on life."

Presenting an outline of temperance philosophy, Mr. Warner gave from historical backgrounds, the realistic situation and reasons that led to its beginning in America, a century and a third ago—that of a spontaneous and intense desire to remove drunkenness. "Out of rough daily experience, without theoretical idealism, but with much practical realism, and with both scientific and religious background, there grew up among the sturdy middle classes of the early years of the Republic a strong reaction against alcoholic intemperance and a *determination to do something about it.*" Through all the changes that have taken place in the years since then, the movement has expressed a basic philosophy of action; that the natural way of

life is to gain happiness and release by natural means, play, recreation, music; that the alcoholic "way of life" is one of drug-made illusion; that drunkenness is a serious social problem that is initiated by approving social practices; that no way of eliminating drunkenness and its consequences has ever been found, so long as alcohol continues to be produced and distributed widely to all who call; and that for those who use alcohol but do not suffer themselves, to discontinue this form of pleasure, as an aid to "the weaker brother" and society, would be only the normal service that self-responsible citizens and Christians would want to render to community welfare.

Mr. McPeck developed the idea that the movement could not be understood in any sense unless the framework in which it developed is understood, and this framework is essentially Christian; that both the successes and failures of the movement are parts of the Christian ideology. He outlined the basic Christian ideas that have been associated with the questioning of alcohol: that the body is the temple of the Spirit, and therefore should not be defiled; that of the concern which one must have for other persons; that "we who are strong should bear the infirmities of the weak." Vigorous questioning and discussion followed, led by Dr. Jellinek.

The Church and Alcohol. Dr. Roland H. Bainton, Professor of Ecclesiastical History, Yale University, traced the attitude of the churches toward alcoholic drink, from that of the early Jews, through early Christianity, the Catholic Ethic, Early Protestantism, to the temperance crusade of the last century and a half. He concludes that "the Bible and the teachings of the Church afford us no absolute rules, only certain guiding principles. The churches are not of one mind as to their application, although a large number of Protestants in the United States have come to feel that in our land and time these principles are best exemplified through total abstinence.

Controlled Consumption of Alcoholic Beverages, Dr. Edward G. Baird, Research Associate, Law, Yale University, gave a thorough presentation of the development of legal control; early statutes against drunkenness, attempts to control by price-fixing, licensing dealers, retail revenue acts, discriminatory legislation, judge-made law, and state monopoly methods,

both early and recent, in the United States.

Legal Aspects of Prohibition, Dr. Edward B. Dunford, Attorney, Washington, D. C. This lecture was a factual discussion of the various and many steps by which the policy of prohibition grew and was adopted in the United States; early and later evolution of the idea, expanding police power, first prohibition laws and the courts, the state prohibition laws and the courts, changes in judicial attitudes, imports and interstate commerce, the Wilson Act and the Webb-Kenyon Act and their significance; the Eighteenth Amendment, the significance of Concurrent Powers, enforcement, smuggling, defining the use of intoxicating liquors, and the Twenty-first amendment. One item in the conclusion is of unusual interest: "Had it not been for the change of attitude of the Supreme Court, which began in 1888, and the long delay of 27 years that ensued until the validity of the Webb-Kenyon Law was finally established, it is questionable whether there ever would have been either an Eighteenth or Twenty-first Amendment to the Federal Constitution."

Analysis of Wet and Dry Propaganda: Dwight Anderson, Director of Public Relations, Medical Society of the State of New York. "In preparation for this address," said Mr. Anderson, "I collected over a period of six months all the wet and dry propaganda I could find. The wet I put into one pile, the dry into another, the neutral in a third; and found it all very confusing. Every statement made on one side is matched by a contrary statement on the other." He discussed the arguments of both sides, not as to their truth but as to the effect they would have on the great intermediate crowd who are on neither side. He found that both, at present, appeal chiefly to their own constituencies. "My concept of a program for propaganda on the subject of alcohol is an indirect one—one that is not aggressive, that could be acceptable to the 66 million people in the grandstand."

He discussed advertising, effective and ineffective, the importance of reaching "The Accessible Audience" and the "bleachers"; "The Art of Appeal," "Sanction of the Community," and suggested a four-point program that would indirectly, but effectively, reach the general public, viz., "that the

problem drinker is a sick man," "that he can be helped," "that he is worth helping," that "the problem is the responsibility of the healing profession, as well as the health authorities and the public generally." People will become disturbed from such an approach. "It will tend to make drinking less socially acceptable, when it comes to be known that sickness can result. Every one examines himself, 'Am I in danger?' And it is effective with the grandstand because it is *not* aimed directly at them."

Study of Curative Activities

Five main lectures and one main session discussion had to do with the therapeutic, curative and reconditioning principles and activities, with current scientific activities toward solution in particular fields. All were presented by high experts; some were technical, to aid specialists, others, the lay student.

(1) **Penal Handling of Inebriates**, a panel, the lecture by Hon. William Maltbie, Chief Justice, Supreme Court of Connecticut, and discussion by Dr. Ralph E. Banay, Criminal Pathologist, and Dr. Selden D. Bacon, Sociologist. Particular attention was given to drunkenness as a crime, how the courts handle it, what the scientific approach suggests as changes in legal procedure, public attitudes toward "the drunk," the question of sending him to the jail or a hospital, and what law and medicine have in common in dealing with the inebriate.

(2) **Medical Treatment of the Inebriate**; Dr. Robert Fleming, Psychiatry, Harvard University: symptomatic drinking, addictive drinking, steps in treatment of each; resources in the community; the psychotherapeutic approach; conditioned-reflex treatment.

(3) **The Rôle of Religious Bodies in the Treatment of Inebriates**; Rev. Francis W. McPeck: religious temperance societies; the Washingtonian movement; Father Mathew and his achievements; religious sponsorship of the treatment of inebriety; the Emmanuel Clinic. And in conclusion: "It is faith in the living God which has accounted for more recoveries from the disease than all other therapeutic agencies put together."

(4) **Social Case Work with Inebriates**, Sybil M. Baker, General Secretary, Family Department, Brookline Friendly

Society: background of social case work; excerpts from case records and discussion of individual cases and the individual treatment of each.

(5) **Pastoral Counseling of Inebriates**, Rev. Otis R. Rice, Religious Director, St. Luke's Hospital, New York: the serious problem of "what to do." One approach is that of "the wise parish priest, rabbi or minister who attempts at once to refer an alcoholic for professional assistance to the psychiatrist, to Alcoholics Anonymous, or to the clinic." But "there is a group of us who feel that under certain circumstances we have a responsibility as ministers, to deal directly with the problem." The dangers and limitations then to be met; resources and advantages; direct counseling, attitudes of the alcoholic, techniques of the counselor, and relation of counselor and alcoholic, are discussed.

(6) **The Fellowship of Alcoholics Anonymous**, W. W., Co-Founder of Alcoholics Anonymous, New York. This lecture was a vivid, realistic description of the transforming power that comes into the lives of alcoholics through the friendly fellowship of those who have been alcoholics themselves, of those who, on the basis of this knowledge, accept with confidence the program of A. A. And this program, as A. A.'s are following it with marked success, includes as basic principles, complete abstinence from all alcoholic drink, faith in a Higher Power than ourselves, and whole-hearted willingness to help other alcoholics regain a healthy outlook on life, as well as freedom from alcoholism.

The University of London is offering a course of twelve evening lectures, this year, on "Alcohol: Its Action on the Human Organism," the first occurring on September 24th. The course is designed to aid those interested in working toward solution of the problem.

While University pastor for the Presbyterian church at the University of Washington, a subscription to THE INTERNATIONAL STUDENT was among the packets sent us. Now having changed to another pastorate, I do not want to miss getting the finest insights on the alcohol problem. . . . put me on the mailing list as a subscriber beginning with October. The information given is the best I have ever had.—EARL WILLIAM BENBOW, D.D., Dallas, Ore.

Should Liquor Be Advertised?

By WAYNE W. WOMER

AN INCREASING sentiment may be found among thoughtful citizens that the sales promotion of the use of intoxicants by the industry is one of the worst aspects of the problem. There can be no recession in drinking, no reduction in alcoholism, no net advance for true temperance so long as this flood of advertising continues.

The advertising problem is simple to the men who are in the industry and who are concerned only with profits, let the consequences be what they may. The eternal shouting of "buy whisky, buy beer, buy gin, buy wine" is all that is necessary.

In 1943 this form of propaganda cost the industry in excess of \$42,000,000 for radio, magazine, newspaper and out-of-door advertising.

Liquor advertising is open to the highest criticism, for most of it is misleading and subtly violates every canon of "truth in advertising."

This eternal promotion of the use of liquor has three objectives:

1. To start non-drinkers to drinking.
2. To turn moderate drinkers into immoderate drinkers.
3. To give the alcoholic a stimulus to drink all he can buy.

It cannot be truthfully questioned that the vision of \$42,000,000.00 going into the advertising coffers of newspapers, magazines and radio has a definite effect upon their policies.

Many people, therefore, have come to the conclusion that all advertising of alcoholic beverages should be eliminated, Canada having had such a policy as a war measure.

Dr. Wayne W. Womer was a member of the first Yale School of Alcohol Studies, and is Secretary of the Alumni organization of the three summer schools. This article is condensed from *The Connecticut Citizen*, Sept., '45.

Cult of Toxic Culture

*Seek the Truth
Come Whence It May
Lead Where It Will*

THE REAL PROBLEM is not alcohol at all: the real problem is life. I went to the Yale School wondering how it would be possible to spend four weeks on alcohol, fearing that it would be a narrowing, confining experience. The longer I stayed, however, the more I came to see that what we were really doing was studying the problem of life. We were looking at life through the key-hole of alcohol. What we were really concerned with was the purpose of life, the nature and destiny of man.—A 1944 Student.

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Vivid Memories

Much of the richness of experience depends upon looking back to vividly joyful memories. I find that the recollections which people seem to retain of alcoholic sprees are muggy and repulsive to them.

Many drinkers defend alcohol as a means of obtaining thrilling excitement. But I shall find my thrills by keeping my mind keen, my body vigorous, my memories delightful, my friendships sound, and myself free from enslavement to habit-forming drugs like alcohol.—HORNELL HART, Professor of Sociology, Duke University.

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Is It Prejudice Only?

Did you ever hear of the wife of a tavern keeper being the head of a Protestant, Catholic, or Jewish ladies society? Did you ever hear a girl in high school bragging that her father ran a tavern? In the social scale the saloon business ranks lowest among legitimate enterprises.—“The Tavern Owner’s Place in Society,” in a recent liquor periodical.

Why Not?

"Give alcoholics a chance" is a plea made in the current issue of the publication edited by the inmates of the State Penal Farm. They ask why alcoholics shouldn't be given the same consideration as narcotic addicts.—Columnist, *Indianapolis Star*.



Mother Intoxicates Child

"What is the effect upon the unborn child of drinking by an expectant mother?" "That is easily answered," replied Dr. E. M. Jellinek, at a session of the Yale Summer School of Alcohol Studies. "The child will get exactly as drunk as the mother.. If the mother has a blood concentration of 0.05, the unborn child's blood concentration of alcohol will be 0.05."



In Non-Drinking Periods

It is a fact that most alcoholics are, for all practical purposes, well adjusted so long as they do not drink; and those who are not, nevertheless get along better during sober periods. The histories given by wives of alcoholic husbands are nearly identical and absolutely characteristic: during periods of abstinence the alcoholic was a wonderful husband, father and provider.—FRITZ KANT, M.D., *Quart. Jr. Alcohol Studies*, Dec., '44, 373.



How Many Are "Too Many"?

It has been a police department policy to avoid arresting drunken persons unless they are too far gone to navigate, or have reached the belligerent stage. Then came the order to haul in the drunks and the number of arrests jumped significantly. An official explanation was that this procedure was for the benefit of the drunk, to conserve his cash and protect him from assault.

The alarming number of intoxicated persons transported by the patrol wagons has persuaded Chief of Police McMurty to remark that, while he does not pose as a reformer, he is convinced that there are too many drunks in the community.—*Indianapolis News*, Sept. 21, '45.

IT IS a preposterous abuse of childhood and youth that they should be persuaded to engage in organized play and physical development of the body, and leave school with a well-developed habit of alcohol use, for lack of understanding that physical fitness is a farce without self-control, judgment, discretion, three qualities of the mind first to be dulled and made incompetent by the use of alcohol.

—DR. HAVEN EMERSON, Professor Emeritus,
Public Health Administration,
College of Physicians and Surgeons, Columbia University.

Instead of a Night in Jail

Drunks picked up on the streets (in Moscow, Russia) are given a bath and a shave at the police station. Then they are fed, patched up if necessary, and put to bed. In the morning, rather than being hauled into court, they are presented a bill for the care—amounting to slightly more than the same service would cost at a Turkish bath or a valet shop. If unable to pay, they work out their bills in the city sanitation department.

YALE SCHOOL OF ALCOHOL STUDIES

(Continued from Page 38)

sonality factors that result in "compulsive drinking" and alcoholism.

(9) There is no way of determining before a person begins drinking whether he can continue as a moderate drinker or will become an alcoholic. Everyone who starts to drink takes a chance—he is gambling with alcoholism.

(10) Alcohol is no more of a stimulant than are smelling salts; in fact strong doses of alcohol have the same effect on the nerve endings in the mouth and throat that smelling salts have, causing a gasp for breath which results in a momentary increased beating of the heart. This is the only action of alcohol that can be called stimulating, and it is not from the absorbed alcohol.—H. MILLARD JONES, United Temperance Movement of Minnesota, Minneapolis.

All-Inclusive Program Necessary

After 150 Years of Experimentation

By HARRY S. WARNER

THE LARGER temperance societies of the past sixty years, as compared with those of the first forty, in the century-and-a-half of earnest effort to solve the problem of beverage alcohol, have given major attention to its political and economic sources, and only minor attention to those of personality and social origin. At times they have over-emphasized the political and relatively minimized the deeper sources of indulgence and excess. They have failed to "play up" to the public, to the degree it deserves, the significance of the normal, healthful life that grows to its best without feeling any need or desire for alcoholic—or any other drug—satisfaction.

This positive, constructive approach has been crowded out of its place as the basic objective, in the eyes of the unthinking public, by concentration on methods to be employed. Consequently, vast numbers of people, in the general public, who know that there are serious dangers connected with alcoholic drink, have come to think of "temperance" as priggish restraint, and to many who sincerely want to do something it has

Condensed from the concluding part of a lecture, "Temperance Movements as Control Measures," at the Yale Summer School of Alcohol Studies, Third Session, August 1, 1945. The preceding part of the lecture was an objective and historical outline of the chief purposes, methods, understanding of the problem and accomplishments of the larger temperance agencies in the United States, from the first organized reaction against drunkenness down to the present time. From this comparative study the conclusions here stated have been summarized. Mr. Warner was a Fellow of the First Yale School of Alcohol Studies, 1943, an editor of some of its material and a speaker at the Second and Third sessions, in 1944 and 1945.

seemed that "to pass a law" or call on Congress is about all that is necessary to settle the question.

The significance of drink motives, the force of tradition, the pressure of social ceremony and customs have received only secondary attention in temperance discussion, education and propaganda. If there is anything to be learned from the history of the Century, it is that reform and political action alone do not reach all the sources of alcoholic intemperance. Legislation may have a part; enforcement a persisting part; political angles will always stand out, but the public liquor traffic is but one element in the problem as a whole.

There has never been enough basic education of the public—either objective and scientific, or emotional—to support adequately the legislative decisions of the past half-century, and to make them effective in a country governed by democratic processes.

Over-Simplification

Throughout the century and more of effort to solve the beverage alcohol problem, the accomplishments so far made have been conditioned by: (1) The conception of each society or movement as to *what constitutes* the problem; (2) the purpose and methods adopted by each; (3) the constituency which it developed and which it served. Growing out of a strong reaction against alcoholic excess, each movement has been applied to specific evils. To each, that aspect which stood out most conspicuously has seemed to constitute the problem as a whole.

As a consequence, the liquor problem has been over-simplified, at times seriously; its roots in tradition, its strength in social approvals and attitudes, its persistence in the mores of the masses and the customs of the classes. This over-simplification has made for immediate results, sometimes dramatically favorable, as was the reclaiming of excessive drinkers by the Washingtonian Crusade, the closing of saloons by the Woman's Crusade, the voting dry of an unprepared county or state; but not for permanent results. Understanding of the problem has been too limited to insure convinced decision. This underestimation was dramatically evident after 1920, when many supporters of the cause, having come to think of an amendment as final solution, discontinued support and responsibility

because they had no conception of any basic cause except the economic and political.

Public Has Limited Views

The general public, even more emphatically, has over-simplified the problem. Street drunks are sent to jail, instead of hospitals. Saloons are banished, and return as taverns. The ugly features of drink places are removed, but the one essential, ethyl alcohol, continues to flow. The cocktail hour calls to women, but the back alley to the children they left at home. Music, quiet lights, restrained moderation are featured in the advertisements, but successive drinks in the cocktail booth continue their depressing action on the brain—man's only source of discrimination and judgment. Spreading drink customs among youth select out and start toward excess many of those whose emotional make up, or immaturity, or childhood neglect, or neighborhood experience are such that they cannot resist the anesthetic attraction of alcohol, coming as it does with social approval. Public control is undertaken, but the number of accidents in which alcohol has a part does not decrease. Thus, this most complicated of social problems has been and is over-simplified by temperance and welfare workers, medical specialists, politicians and the public—over-simplified as to understanding, approach, methods of proposed solution and source of its strength and persistency.

Gains and Limitations

In the face of this sweeping generalization, an estimate of the gains made and the limitations discovered by the movement should be of value. They have not been small. They may be measured by the extent to which each organized effort has contributed to the control or redirecting of the basic sources of intemperance.

These sources may be listed as: (1) The urge for ease, release and escape from tension, minor or serious, that man from savage days has been obtaining from states of intoxication. (2) The tradition of alcoholic enjoyment in the cultures of modern peoples. (3) The pressure of the current social customs, accepted by the few in positions of social and economic prestige, in setting the patterns that are followed by the many. (4) The economic "pull" that is found in the peculiar satis-

faction of human needs by means of anesthetic and narcotic drugs, and the almost unlimited possibility of increasing profits by the promotion of alcoholic desires among "the masses" of everyday people.

Specific gains and limitations may be noted:

1. The temperance movement has occurred in the middle classes and in a narrow margin of those just above and below. It has been successful in that section of these groups which are influenced, in social and civic conduct, by the Christian churches. It was in this part of the "Old American stock" that the revolt against alcoholic excess first occurred, and their middle class descendants in Central, Southern and Western parts of the country. It has had outstanding individual supporters among the groups of social and financial prestige and in the skilled trades, but little support among the laboring classes who, in recent years, have increased in heavy ratio to the decreasing proportion of middle-class farmers.

2. In the movement as a whole, three vital sectors of modern American life have failed to coöperate, have neither created temperance restraints of their own nor shared in those originated by others:

- (a) The so-called "Upper Classes," descendants of old-time aristocratic families, and their imitators. With notable exceptions, they have remained aloof because of tradition, feelings of superiority that finds nothing to be gained from "below," and their ideas of how one may "drink like a gentleman." They have failed completely to see the effect of their customs in the social scale below; in their self-centered attitude, they have been callous to social consequences.

- (b) Many laboring groups, men and families of the vast industrial, mining and other working sections. Occasional temperance societies have gained limited coöperation, but on the whole organized labor in America has been untouched by the temperance movement, although in England, the Scandinavian countries and Belgium, labor has sponsored the movement.

- (c) The immigrant groups of the fifty years previous to 1918, and their American-born children. Arriving at the rate of three-quarters of a million a year, settling in the cities and industrial communities, they were isolated, almost untouched by the temperance crusades, abstinence campaigns and local

and state anti-liquor contests that marked the country for a century. With the exception of the Jews and those from countries in which temperance movements were active, namely, Britain, Scandinavia, and a few others, the restrained drinking practices that they brought with them were submerged in the heavy drinking of the crowded communities in which they had to work and live.

3. The social tradition of alcohol has been broken and the satisfactions that it seemed to give have been redirected into natural, healthful, and less socially damaging channels, for a large and substantial part of modern society. Yet it remains prevalent, even dominant, in other large parts.

4. It has been shown that the economic and political complications can be drastically reduced when a heavy majority are ready to face the public consequences of alcohol. But it has been equally clear that the urge for gain and the call of the social and financial elite readily create a "black market" whenever any kind of control, restraint, restriction or prohibition is undertaken.

5. The right of society to protect itself from drunkenness is now fully recognized. The problem is no longer one of "personal liberty," but of community health, welfare, safety on the highway and in the streets, community conditions facing child life, and the flow of drink-aggravated mentally sick to the hospitals.

6. Temperance activities of the past fifty years have served as a restraining force against the commercial enlargement of the demand for alcoholic beverages and have blocked the trend toward heavy increase in consumption that prevailed previous to 1907. For in that year, measured in terms of absolute alcohol, the per capita consumption in the United States reached its peak. After 1907 and to 1913, consumption was practically stationary; after 1913, decidedly downward until about 1923, when a slow increase began. The year 1920 and several years thereafter marked the lowest consumption per capita in American history. And it should be noted that the slow increase that began about 1923, and the very rapid increase after 1923, together have not yet resulted in restoring the per capita consumption of alcohol to the level reached in the peak year of 1907.

7. The degree of success or failure of the temperance movement may be measured by the extent to which each society has tended to weaken or remove the sources of intemperance, rather than the number of alcoholics reconditioned. It is now recognized, as early experience suggested, that the reorienting of heavy drinkers is a task for specialists—psychiatrists, doctors, welfare workers, trained ministers and the ex-alcoholics, who know as man to man. This therapeutic service the temperance worker regards as deeply essential, while giving his major attention to the reducing of initiating situations; to placing “the fence at the top of the cliff, rather than the ambulance in the valley.”

8. The emergence of a nonalcoholic “way of life” is an outstanding feature of the movement as a whole. Before the first society was formed, alcoholic beverages were an accepted, normal part of every day living. At the present time, however interwoven may be the causes, 57 per cent of the total population of this country, over fifteen years of age, it has been estimated, are definitely nonalcoholic, in addition to many others who are extremely moderate in such use as they indulge.

On the whole, during the century and a half of temperance experimenting, a nonalcoholic type of living has been established in America. The questioning of alcoholic culture, the teaching in the schools, the activities of the temperance agencies, the social application of religion by the churches, the many types of legal restriction employed, all reenforced by industrial demands for efficiency, public concern for safety and a sense of social concern, have differentiated a large nonalcoholic section in society. Alcoholic pleasure has been replaced for millions, by the moving picture, the automobile, the use of soft drinks. Alcoholic culture has lost prestige among church, educational and skilled industrial groups, and in lesser degree, among many others. In vast sections of the Middle Classes, even today, drink is regarded as belonging to the “horse and buggy” days. From all available indications, the decade 1918-1928 stands out, in sharp contrast with the preceding years, as the period of lowest liquor consumption in the history of America.

If these efforts of a century have accomplished nothing more, they have nevertheless been a great cultural achievement.

HUNDREDS OF STUDENTS have told me that they are unable to resist the social pressure of their group. Unfortunately, the individual who finds it hard to be in the minority, to resist the pressure of the larger group, is often the one least able to resist the tendency to become alcoholic. It is the exciting, stimulating, pleasurable surroundings of college drinking, even when it is done in moderation, that makes it a particularly dangerous influence in later life when individuals unconsciously try to recapture the thrills and excitement of their youthful pleasures and to recall the romantic atmosphere of the fraternity or sorority.

—DR. GEORGE T. HARDING,
Professor of Clinical Psychiatry, Ohio State University.

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THE INTERNATIONAL STUDENT

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HARRY S. WARNER, *Editor*

A METHOD of solving mental conflicts that is worse than the conflict itself, is the *use of alcohol or drugs*. These narcotics have a pleasing effect for a short period, but their use in the long run serves to intensify rather than to relieve disagreeable mental states.

Fortunately there are right ways of solving mental conflicts, the method depending on the nature of the conflict and the age and nature of the individual. A well-integrated individual can best solve his conflicts by the use of reason. By calmly considering all the elements causing his conflict he can reach a decision as to what lines of action may best be pursued.

—DR. HORATIO M. POLLLOCK,
N. Y. State Department of Mental Hygiene.

The Library and the Biological departments of our school have been acquainted with THE INTERNATIONAL STUDENT for several years. We would like to have three copies available.—A. VERNE FULLER, Biology Instructor, Senior High School, Muskegon, Mich.

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Backgrounds in Alcohol Education

By FRANCIS W. Mc PEEK

HE WHO MAKES a beast of himself," goes Samuel Johnson's comment on drunkenness, "gets rid of the pain of being a **man**."

To be a man is often a painful undertaking, when life has been unfairly begun or there is a lack of physical and intellectual endowment. Defending the debauched Richard Savage and tolerating the alcoholic Boswell, Johnson reveals his deep sympathy for men of chronic defections. Yet he wrote: "An hypochondriac is under peculiar temptation to participate freely in wine. For the impatience of his temper under sufferings which are sometimes intolerable, urges him to fly to what will give him immediate relief. One must be obstinate to an extraordinary degree, who feeling himself in torment, can resist taking what he is certain will procure him ease, or at least insensibility."

THE DILEMMA IN ALCOHOL

Here we have it. Johnson, the tiresome moralist, pointing with fierce irony to the beastliness of a drunken spree; Johnson, the man of human discernment, marvelling that people emotionally unbalanced, should not turn more often to the sure, but temporary, anesthesia of alcoholic indulgence.

Johnson's dilemma is scarcely foreign to any of us. We hold the opinion that drunkenness is reprehensible; none

Condensed from a lecture at the Pennsylvania School of Alcohol Studies, Juniata College, Huntingdon, June 20, 1945. Rev. Francis W. Mc Peek is Assistant Director of the Yale School of Alcohol Studies and Director of Social Welfare, Washington, D. C., Federation of Churches.

the less, we are mindful that much drunkenness is related to those kinds of lives in which satisfaction seldom is experienced, or in which tragic events have left their mark. Recent psychiatric studies have impressed upon us more and more that alcoholism is one of the means increasingly used to interrupt prolonged periods of ennui or continued tension. The ghastly effects of alcoholic addiction compel us afresh to attempt to understand and to prevent the sorts of personality development that are accompanied by excessive drinking.

IN PERSONAL LIVES

Not long ago a young woman hardly twenty-four related to me the circumstances of her recent drinking bouts. There was genuine terror in her voice as she told of how each one of them was preceded by tension that rose almost to the choking point, by a searing struggle to get through the day without the help of liquor. She was haunted, she admitted, by the twin spectres of what alcohol was slowly but surely doing to her, and by what life would mean if there was never again to be any alcohol in it for her.

The unusual thing about this young woman was her candor at so early a period in her drinking career. It is not always that young drinkers talk so freely; when they do, we get the feeling that behind their remarks there lies an incommunicable body of pain. In her personal history was incorporated the dreadful but usually concealed apprehensions of almost all those who come to find alcohol at the center of their lives.

IN MODERN SOCIETY

"When society becomes more complex through specialization, competition, class segregation, and consequent individualization of interest," as Dr. E. N. Jellinek remarked, "social-economic restrictions and frustrations grow by leaps and bounds, anxieties increase and more aggression must be suppressed and repressed. In other

(Continued on Page 79)

South Carolina Provides State Educational Service On Alcohol

COMPLETING THE FIRST year and beginning the second, this school year, South Carolina is the latest state in which the supervision and conducting of educational activities in the public schools on Health and Alcohol and related interests has been undertaken by the State Board of Education. This forward-looking program was begun in the fall of 1944, following action by the General Assembly early that year, with Prof. A. M. Taylor in charge as Supervisor. Other states having similar leadership in and through the state educational system, this past year, are Ohio, Florida, Mississippi and Idaho—five in all.

The program for the first year in South Carolina included coordination of scientific instruction on alcohol problems with the usual activities of the school system; area meetings and conference with school officials and teachers; promotion of modern teaching procedures in connection with the problem; examination of ways to bring it naturally to the attention of pupils and teachers; speaking in high school assemblies; forums of older students; preparation and distribution of a teaching plan among the schools of the state; and the encouraging of teachers to develop activities related to their class work of the year.

The State Supervisor of Alcohol Education conducts his work in direct cooperation with the State Superintendent of Education, Dr. James H. Hope, from the headquarters of the

department in Columbia. With the opening of the second year, in September an assistant, Mrs. Lulu B. Sasportas, with headquarters at Mather Academy, Camden, a graduate of Benedict College, Columbia, has been added to give full time to a program of alcohol education in the Negro schools of the state.

Professor Taylor is an experienced educator, having served thirteen years as principal or superintendent in South Carolina schools. He is a graduate of Wofford College and has a Masters degree from the University of South Carolina. He attended the Yale School of Alcohol Studies in 1944, and previously the Lake Chautauqua course, organized by the National Women's Christian Temperance Union with extension credit by New York University. In 1944 he taught classes in the alcohol problem at Newberry College and in 1945, two such classes, one at Winthrop College, Rock Hill, with 60 students, those preparing to teach in the white schools, and one at the Benedict-Allen College summer school, Columbia, with forty Negro teachers enrolled; both courses college credit.

Thus the new program in South Carolina includes, from the first, the systematic training of teachers to share in and enlarge this program of education throughout the state, as well as the immediate personal service of the state leaders themselves.

Florida Continues Program Of Previous Years

DURING THE YEAR 1944-45, educational activities on Health and Narcotics were continued in Florida, in cooperation with the State Board of Education, as in the previous five years, this year under the leadership of Miss Louise Calcote, State Consultant. The program included the use and distribution of several pamphlets on teaching methods and material previously used by the department, conference of teachers and work in the schools.

Much attention was given to the interesting and training of teachers and student leaders. Classes were organized and conducted, both in the summer of 1944 and 1945. Those of 1945 included classes at Stetson University, Deland, and at the University of Florida, Gainesville, Miss Calcote, instructor; and two classes, at Florida Southern College, Lakeland, one with 22 students enrolled and the other with 26, Miss Doris Purcell, Yale School of Alcohol Studies, 1943, instructor.

Thus the enlisting and equipping of teachers to extend the program of education on narcotics, health and alcohol, throughout the schools of Florida has continued as an outstanding feature of the state program.

State Supervision In Ohio Enters Seventh Year

WITH THE OPENING of the 1945-46 school year, Prof. Howard E. Hamlin, Supervisor of Health and Narcotics, has continued for the seventh year, his active participation in educational activities in the public schools, on these problems, as an integral part of the Ohio State Department of Education. The first state to take supervision of this modern educational approach to the school and similar problems as they concern youth in the schools, this Ohio program has developed steadily in extent, in educational procedure and in the interest shown by teachers and school officials in the 1,200 public high schools and the other schools of the state.

During the past year, Mr. Hamlin conducted intensive programs, consisting of talks, student questioning, discussion and teacher conferences, in the schools of sixteen counties, often a week to a county. Over 500 talks to 125,000 pupils and teachers were given, each from the natural approach of youth interest in activities, games, personal growth and health. A

Fellow of the Yale School of Alcohol Studies, a former Professor of Physiology at Ohio State University and Simmons College, Boston, Mass., and the author of "Alcohol Talks to Youth from the Laboratory." Professor Hamlin is interested in leading youth to the basic facts regarding alcoholic drinks and similar drug attractions from the viewpoint of all-around healthful and happy living.

Mr. Hamlin receives many calls for programs in other states. One in Minneapolis—St. Paul—Duluth a year ago, gave 30,900 pupils in 70 different schools in these cities an opportunity to hear this unique discussion of the problem. Another city program in April, in Nashville, included 32 talks to 7,000 pupils.

In addition Mr. Hamlin's department in the State Board of Education shared in sponsoring the Forum-Conference of educators and community leaders, at Ohio State University, in January, last year, in which the highest scientific experts on the alcohol problem from two great universities—Yale and Ohio State—were featured, in cooperation with four departments of the university, faculty members from Central Ohio colleges and Columbus high schools. The lectures and discussions of this conference were then published and 5,000 of the monograph, distributed among Ohio school officials and teachers, in addition to wide use of the material in other publications, including, especially, *The International Student*.

Idaho Develops Comprehensive Program

BELIEVING THAT the largest problem facing teachers in relation to narcotics is "the lack of teaching aids," the recently-appointed State Director of Narcotics Education, in Idaho, Dr. H. R. Wallis, has been giving major attention during the past two years, to meeting that need in his state. This policy is significant in that it tends

to enlarge greatly the program of instruction by the teachers themselves, in connection with their regular work, rather than depend upon specialists from outside.

The basis of the program in Idaho, is a series of three publications on *Personal and Social Living as Affected by Narcotics and Stimulants*, issued by the Superintendent of Public Instruction. They are: Bulletin A-1; general information for all persons dealing with the problem in schools. Bulletin B-1; specific information for persons working in community organization and recreation; and Bulletin A-2, specific information for teachers and schools administrations.

Bulletin A-2, prepared by a committee of teachers representing the university, the senior and junior high schools, the sixth grade schools and the State Director, recommends that each school unit in Idaho use the bulletin to work out a program to fit local conditions. Perhaps the most comprehensive, carefully outlined and graded yet published, this Idaho state bulletin, gives as general aims:

To provide each individual student with sufficient knowledge regarding narcotics to enable him to make intelligent decisions as to their use.

To establish habits of critical investigation on scientific information; use of wholesome food and drink; practice of wholesome activities.

To develop attitudes of respect for truth as a basis for decision and action; respect for the human body; desire for wholesome activities.

In the group, to establish practice of activities in accord with scientific conclusions; group awareness of the problem of narcotics and drugs.

The following excerpts, suggest the approach made by the bulletin:

"A positive approach is most conducive to the building of desirable habits and attitudes. An appeal to the desire to be well, strong, skilled in work and play is more effective than emphasis on ill-health and disease."

"All teaching should be adapted to meet the present needs of the individual as they arise in everyday experience. Youth is not primarily interested in what will occur twenty or thirty years from now."

"The study of narcotics is an intrinsic part of the school program. It is an essential part of such studies as foods, community life, transportation, safety, personality, civic problems, vocations, physical and mental health, athletic fitness, propaganda, advertising, government, taxes, consumer education and economic problems. Therefore, the teacher should be alert to this relationship and utilize opportunities for integrating the study of narcotics into the curriculum."

Mississippi Seeks Public Recognition of Problem

THE DEPARTMENT of Narcotic Education in the public school system of the State of Mississippi is putting special emphasis, this year, on alcohol education prompted by the conviction that the effects of alcohol create greater problems than do any of the other narcotics.

Under the leadership of Miss Vashti Ishee, Supervisor, a student of Yale School of Alcohol Studies, '45, alcoholism as a disease, or "Public Health Problem No. 4," is being given systematic attention. The aim is to bring home the seriousness of this fact to every educator in the public schools and colleges of Mississippi, men and women in civic clubs, P. T. A. organizations, medical profession and other groups who are not now conscious of how seriously it confronts the country. Christmas seals, are bought by the thousands, all over the United States, to aid the fight against tuberculosis—and that certainly is as

it should be. Yet for every case of tuberculosis, there are several times as many chronic alcoholics. Likewise, there are many times as many alcoholics as there are cases of polio. These helpful efforts must be carried on, even increased; but we must awaken the people to a consciousness of the realities of the problem of alcoholism.

The program in Mississippi, therefore, seeks:

1. To secure public recognition of the alcohol problem.
2. To present the latest scientific findings in a positive and impersonal manner so that students may visualize the relation of alcohol education to every day living.
3. To integrate scientific information concerning the effects of alcoholic beverages into the curriculum of our educational agencies.
4. To stimulate such individual study as will enable the student to form worthwhile patterns of life.
5. To guide the student toward profitable use of his assets, so that he may make his necessary adjustments in life with a feeling of adequacy and security.

These objectives are being advanced by faculty discussions in high schools and colleges, addresses to student bodies, church, P. T. A. and other groups; assistance in classroom instruction; the organization of study groups among teachers and adults; evaluating the material and methods of presentation in text books; the use of films, visual aids and library material for schools having teaching units on alcohol.

In addition, colleges and schools are encouraged to integrate study of the problem into their courses on health, safety, general science, biology, physical education and home economics. Teacher training colleges are asked to include the problem in their summer sessions, and school superintendents to encourage activities among their teachers. Cooperation is maintained with the Yale School Alumni Committee on teaching aids, and representation of both Negro and white educators from Mississippi is being promoted for the 1946 Yale School of Alcohol Studies.

Diagnostic Clinics

The two diagnostic and guidance clinics opened in New Haven, Conn., a year ago, are the first of such clinics to be undertaken anywhere.

Distinctly *not* "sobering-up" stations, these clinics are free, sponsored jointly by the Yale Laboratory of Applied Psychology and the Connecticut Prison Association, and staffed by psychiatrists, a psychologist, a social worker and a clerk. Representatives of Alcoholics Anonymous and the Salvation Army are on call. Patients will be referred to the clinic by the courts, welfare agencies, hospitals and private agencies.

This is the way the disease should be handled.

The Cost in Personality

By LOUIE D. NEWTON

WILLIAM MORRIS, nineteenth century poet, in his prologue to "The Earthly Paradise," wrote this quatrain:

"Masters, I have to tell a tale of woe,
A tale of folly and of wasted life,
Hope against hope, the bitter dregs of strife,
Ending, where all things end, in death at last."

Apply those lines to the waste of human personality entailed by the use of alcoholic beverages, and you have a graphic picture of what beer, wine, and whisky are doing to the people of the United States. It is the costliest waste in the American scene of 1945.

Figures just released by the Department of Internal Revenue reveal the startling fact that the sum of \$7,100,000,000 was spent for alcoholic beverages in this country in 1944, an increase of \$1,017,000,000 over 1943. And that, of course, does not take into account the money paid to bootleggers.

We may begin by saying that the amount of money paid for alcoholic beverages which destroy human values was wasted. And then we have to multiply that loss several times to include additional money spent in law enforcement, rehabilitation, and

Condensed from *The Connecticut Citizen*, June, '45.

other costly results of liquor sale and consumption. And that takes no account of the loss caused by reduced manpower.

But the story is only slightly told when the waste of money is related. The costliest waste of the liquor traffic is in the precious and priceless column of human personality. I see it every day, as does every observant American. Young men and young women, endowed with multiple talents, sorely needed, are broken and marred by strong drink.

You can make new money, but it is a difficult task to remake a human personality, marred and wasted by alcohol.

Dr. S. Ralph Harlow, of Smith College, puts it strongly in these words:

"Medical science, economic studies, spiritual values, all reveal with increasing clarity the destructive and enervating waste to physical, intellectual, and spiritual vitality that alcoholic habits create. The millions spent on high-powered and artistic propaganda cannot conceal from the intelligent mind, the ruinous character of the habit which such profit-making industries spread among the nation's youth."

University of London Gives Alcohol Instruction

FOR SEVERAL YEARS previous to the opening of the world war, during the years of the war, and in the months since its close, a course of educational lectures on the Alcohol Problem, has been given by the University of London, England. This service by high standing educational leaders, has been offered as a series of University Extension Lectures, each followed by an extended discussion period, the use of a syllabus, reference material, much written work, an examination and the warding of a certificate. It includes twelve such sessions and is being accepted by advanced students, teachers, and welfare workers.

The syllabus for 1945, issued by the University Extension Registrar, outlines the twelve lectures on **Alcohol**:

Its Action on the Human Organism, as follows :

1. Alcohol and Cell Life
2. The Digestive System; Alcohol as a food
3. Metabolism and Vitamins
4. The Liver and Kidneys
5. The Circulatory System
6. Respiration. Skin and Body Temperature
7. The Central Nervous System and Special Senses
8. The Automatic Nervous System and Endocrine Glands.
9. Reproduction and its Endocrine Control
10. The Mind and the Emotions
11. Alcohol and Disease.
12. Alcohol and Health.

Recent book and magazine material are designated and subjects for discussion and written work are assigned in connection with each lecture.

The theme assigned at the end of the series, is especially comprehensive and suggestive of the practical and constructive trend of the course as an aid to teachers and welfare workers:

"Speaking as a Medical Officer of Health, I can say that if I were given the choice of abolition on the one hand of the drink evil, and on the other of all the other various preventable influences adversely affecting the public health on which medical officers are at present concentrating their efforts, I would choose unhesitatingly the abolition of drink as being the greater by far than all the others combined." *Discuss this statement.*

Before the war two courses of instruction were offered each year, one on the physiological and health aspects of the problem, and the other on its relation to Social Economics. The extension lecturer, this year, was Miss Alice E. N. Gilby, M. B., B. S., D. P. H. The course is promoted by The Temperance Collegiate Association and widely used in the training of teachers and instructors on the problem for the schools of Great Britain.

BACKGROUNDS

(Continued from Page 68)

words, tension increases in intensity and frequency. Since there is a substance which can give the desired relief, harassed man will want to take recourse to it."

This essentially is the view point expressed long ago by Dr. Johnson. To be a man, particularly in a time of great social stress and strain, is a sharp challenge to the moral and emotional integrity of the individual; oblivion may be sought, instead, as a mistaken means of retaining hold on life itself.

INTELLECTUAL FRAMEWORK

It is of utmost importance that a firm intellectual framework be established under which teaching regarding alcohol shall take place. It is of no less interest to define the predicates of a morally correct attitude. Under such understanding it will be possible to advance the necessary facts and interpretations, and to do it with a reasonable expectancy of having them accepted by those whom we undertake to educate.

To do this it is necessary to recognize that both drinking and drunkenness are but parts of a total life experience. The use of alcoholic beverages is rooted in a cultural pattern from which it cannot be isolated. To view participation in alcoholic customs separately from participation in the customs of the social group as a whole, is to choose a dead-end thoroughfare in alcohol education.

The matter of fact is that the attitudes of the group toward the use of alcohol were in existence before the individual. He is reared under a particular set of them. He will conform his actions to these attitudes well before he has learned to view them critically, as he does his behavior in respect to property, family, formal religion or food habits. *Sobriety and inebriety are in each case seamlessly welded into a way of life.*

To say this is not to imply social determinism of individual action. Each personality is the unique result of the interplay of individual capacities, desires and feelings, with the whole of his social experience. Resistance to the manners of the group in which an individual shares may commonly be seen. But individual conduct generally responds to the weight of social pressure and custom. It is rare for an individual to find reasons to disagree with those of his own circle.

SOCIAL PRESSURE AND CUSTOM

Thus it is possible to understand that a delinquent child is not abnormal in the sense that abnormality consists in rejection of accepted standards of conduct. Very likely his conduct is evidence of his acceptance of the standards of conduct of the special, small group of which he prefers to be a member, and which is itself in conflict with the more universal values of society.

If you live on the Hill in Newark, New Jersey, for example, you are no one at all until your father has done time in State prison. You will, in fact be respected if you yourself can manage to pull a little time in one of the better-known correctional institutions. However problematic the probation officer may find you and however socially ill child experts account you, the sum of it is that you are acting upon the normal desire to maintain social status. The judge will continue to discover more fault in you than you will in yourself, until you have transferred your loyalty to a more socially minded group. The parallel of the delinquent is not unknown even among so-called respectable adults who make highly personal adjustments in their income tax reports, consult the butcher for the choicer cuts of black-market meat, or refuse to share with their neighbors in the task of trying to insure an honest government. They find their justification in the thought that plenty of other nice people are doing or failing to do these things.

The problems of drinking and drunkenness, it is not difficult to observe, inhere partly in the social environment of the given individual. The elimination of any given custom is going to mean nothing less than the elimination of the life point of view of which it is inextricably a part.

FORMAL EDUCATION INSUFFICIENT

The mistake that many educators make, secular and religious, is to assume that such education is formal education, such as is conducted in any class room. In truth it is somewhat different. More powerful by far as an educational force, for example, is the influence of the economic system that balances conspicuous consumption at one end, thus whetting desires, with rejection to the worker on the other, which makes satisfaction of those desires impossible.

Even greater, as an educative force, is the family, ridden with disease, fouled by the stench of a wretched slum hovel, and sodden with parental alcoholism. These forms of education are virtually irresistible in their effect.

Improved work possibilities have great educational effect. The middle-class worker, traditionally sober, is the one with the regular job, the one who feels an expressed need of his services. The idle rich and the ignored poor are both of circles in which alcoholism finds a ready welcome; and they have in common the characteristic of not being truly needed.

Life in a neighborhood where drunks block the doorways and tenement steps, where the coarse jokes and laughter of drunken brawls filter nightly through the thin partitions of slum apartments, where one or both of the parents are getting on or sleeping off a drunk—this kind of life prejudices and moulds the attitude of the child beyond hope of reaching him by occasional kind efforts. Normal is as normal does. A child is trapped before he can come to believe that other families go about things differently.

For such reasons I believe that those interested in temperance education have to broaden the scope of their efforts as they must intensify these same efforts. More particularly, such education for the public at large will hold unwaveringly before the attention of citizens the constant relationship of alcohol habituation to certain economic, social, and cultural conditions which seem to be growing features of urban life. Improved opportunities for employment, better housing, cheap and wholesome recreation, continuous medical attention, tend to improve the picture of alcohol consumption. A new physical setting, therefore, is part of any effective program of reeducating the depressed family.

PARENTAL ALCOHOLISM

Of specific educative value will be the direct effort to deal with parental alcoholism. Though it is not a contagious disease, alcoholism has the property of being passed along to children for the reasons already discussed. True it is, that many of these parents have despaired of their own chances to escape the lure of repeated drunkenness. But not all alcoholics are hopeless about their condition; and there is no valid reason for public pessimism about all of them.

AID TO THE ALCOHOLIC

The slightest publicity on some plan of treatment for alcoholism brings a flood of inquiries from those desperate for help. Only the shoddiest conscience will permit us longer to delay in recognizing alcoholism an illness worthy of a major attempt at public treatment. The alcoholic until his dying breath is a kind of revenue producer for the public treasury. Simple justice dictates doing whatever medicine and science are able to devise as helps. There are far more alcoholics than is commonly supposed who want assistance, and I assert that to meet their demand for it is an essential function of the modern temperance movement.

EDUCATIONAL MEANING

Not only is the risk of perpetuating familiar alcoholism sharply lessened by the recovery of the drunk, but the attendant public discussion of alcoholism as a disease is a natural and timely approach, particularly in urban areas, to re-invigorating public opinion. The alcoholic beverage industry, for reasons best known to itself, seems generally to wish to discourage the thought that some people do become alcoholics. Whether it will have sufficiently intelligent leadership in the near future to want to have the facts of alcohol thoroughly understood by the consuming public is an open question. But for those whose concern does not depend upon economic self-interest, there can hardly be a question of the desirability of acquainting the public with the problem of alcoholism in its midst.

From this acquaintance a curiosity to explore the alcohol problem should prove a logical sequence. The man who indifferently assumes today that alcohol legislation of any kind is useless, is very likely to feel tomorrow that he has overlooked something, provided he has come to know that alcoholism is not limited to one or two of his friends. Convinced that the effects of excessive drinking are more widespread than he imagined he will want to know what means there are of preventing it. Legislation, he must inevitably conclude as a resule of study, does have a place. So with law enforcement, direct education, religious commitment, the amount of absolute alcohol in any beverage sold, the kinds of taxes that are derived from the various classes of beverages, the hours of sale, and so on.

APPEAL TO THE PUBLIC

At the moment, the public is cold to almost every problem of alcohol. It will so remain until the tragic life-costs of alcoholism are fully realized. Even professional persons resist attempts to secure their cooperation in temperance education until they understand the problem

in terms of its human components. Teachers in public schools, I think, have been fact-and-figured to death. The approach has been wrong because it assumed that teachers were already sold on the idea that drunkenness is always morally wrong and that alcoholism is shoving to the fore as a public health problem.

In short, the public is emotionally blocked in its effort to think about alcohol; and, in truth, prefers not to think of it all. The somber spectacle of tens of thousands of alcoholics in our major cities, presented in human terms, would come closer to assuring a renewed interest than any amount of haranging on economic costs. This generation is not cost conscious.

Objectives In Alcohol Education

The following summary of purposes was set forth by the Seminar on Education at the Yale University School of Alcohol Studies, 1944 summer session.

1. To present to the pupil a knowledge of alcoholic beverages in the light of his age and grade level.
2. To present this knowledge in a factual manner in keeping with the latest available scientific findings.
3. To present this knowledge from strictly a positive and impersonal approach.
4. To stimulate the pupil to the point of formulating his own decision on the subject, based on the facts learned.
5. To stimulate individual research and study on the part of the pupil on problems which coincide with his age, grade, and interest level.
6. To present this knowledge in such a manner as to show the relation of alcohol to various phases in life, including the basis of social adjustment without the use of alcohol.

7. To help the pupil to see the value of exercising reason, judgment, conscience, self-criticism, and self-control and to develop an understanding of the relation of the use of alcohol to these functions.

RECREATION: or What ?

By WAYNE W. WOMER

THERE WAS once a mischievous rabbit who, every time he saw a squirrel, would tie a knot in the squirrel's tail. An old owl, seeing the squirrels' distress, said to the rabbit: "I possess a magic power. If you don't stop tying knots in squirrel's tails I will make you a goon." The rabbit laughed and laughed and tied a knot in the tail of the very next squirrel he saw. Whereupon the owl changed the rabbit into a goon. The moral of this story is: "Hare today, Goon tomorrow." But there is another moral: the rabbit had chosen a poor form of recreation.

Everyone wants a good time; everyone needs some form of recreation. But, like everything else, there are all kinds of recreation—good, bad and indifferent. Creative recreation brings the most fun and pleasure but planning a good time calls for intelligence. Proper recreation can make a contribution to our welfare. It is important to health and morale. Some people have an idea that the use of alcoholic beverages constitutes a form of recreation. Its use certainly calls for no strain on our intelligence. All you have to do is to bend your elbow and open your lips. The anesthetic effects of alcohol reduce the effectiveness of our critical faculties. There is nothing creative achieved by the use of alcoholic beverages as a form of recreation. It has other possibilities. I would say "not recrea-

Wayne W. Womer, is General Secretary of the United Temperance Movement of Connecticut, and Secretary of the Alumni, Yale School of Alcohol Studies. This article is from "Recreation or Wreck-Reation," THE ALLIED YOUTH, Washington, D. C.

tion but wreck-reation." It is not a body-builder nor a mind-builder. To say the least, it appears to be a poor substitute for genuine relaxation and real fun, such as swimming, tennis, hiking and group games, and all the many other forms of recreation which contribute to our total welfare.

Many people who use alcoholic beverages use them in a social way. Their social life revolves around the cocktail or the highball. Others spend their leisure time in the tavern or the bar. This use, or mis-use, of leisure time can be questioned; questioned on the basis of results achieved. Each one of us wants the most out of life, and rightly so, but life is like a bank. You can't take money out of a bank unless you put some in. Achievement can be measured by the effort put forth to achieve. All our efforts should be in harmony with each other. Otherwise we become not only inconsistent but become like the driftwood, subject to every tide and wind, having no destination.

We strive for an education to fit ourselves to take our rightful place in the world. We recognize the vital importance of good health. We understand the necessity of creating a well-balanced life. We can well afford to ask ourselves the question: "What worth-while contribution can alcoholic beverages make toward the achievement of our goals?"

More and more we are realizing the importance of creative recreation. A person may be successful in all other areas of living and yet permit himself to be handicapped by poor recreational habits. I can recall instances where certain successful people have destroyed their usefulness by indulging in what I would call wreck-reation rather than recreation. We are really creatures of habit—good habits and poor. It is just as easy to cultivate a good habit as a bad habit. It is also just as easy to cultivate a good hobby as a bad hobby.

Yes, good recreational habits are of great importance.

Man does not live by bread alone. All work and no play makes for a dull life. It is normal to want a good time, but let us see that we have a good time, not a bad time. Check your recreational habits. Are they bringing results, are they contributing to your all-around welfare? If not, you may be engaging in wreck-reaction rather than recreation.

Someone has described old age as "a bundle of youthful habits." Most habits are teen-age habits. We carry through life either the handicaps acquired in teen-age, or the benefits. Leisure hour habits, acquired in youth, have been an important factor in the adult life of many people. Illustrating this is the story told me not long ago by a man who is making an heroic struggle against drunkenness. He had never given any thought to recreation. When he had a free hour or two he found himself ill-at-ease and bored. Then he discovered alcohol. At a bar he could always kill a few hours and find someone to talk to. Thus, without thinking, he began to use alcoholic beverages as a substitute for all forms of leisure time activities. As time went on he became increasingly dependent upon their use, until he faced a series of crises affecting his health, his family life and his job. Because he was no longer dependable he was fired. Today he is waging a real battle to regain a normal way of life. In this battle for recovery one of the first steps outlined by his doctor and psychiatrist is the acquiring of a hobby and the creative use of his leisure time.

What I am trying to say is simply this: Wholesome, creative recreation is an important part of good living. It is both necessary and vital to mental, physical and spiritual health. This is recreation, not wreck-reaction.

How Now?

Accident Rate in Breweries Far Above Average in Other Industries.—Three-column head, *The Brewery Worker*, Sep. 5, '45.

Cult of Toxic Culture

*Seek the Truth
Come Whence It May
Lead Where It Will*

THE REAL PROBLEM of the excessive use of alcohol is not physical disease; it is drunkenness. The important feature of drunkenness is not so much physical as sociological: the drunken driver, the drunken husband, the drunken father, the drunken son or daughter. Occasional drunkenness is not a medical matter; it is a matter of social mores. It belongs to public opinion and so long as that opinion places no absolute taboo on drunkenness, but finds the drunk mildly amusing, there will be drunkenness.—*Howard W. Haggard, M. D., Editorial, Quart. Jr. Al. Studies, June '45.*

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Chief World Vice

Now as in times past, drunkenness reigns the world over. It is the chief vice indulged in by the people of all countries. Ours is no exception.—*Mass. Commission to Investigate Drunkenness, Apr. '45.*

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Based on 21st Amendment

For the first time since the Constitution was adopted, the United States Supreme Court unanimously declares the right of each sovereign state to protect itself from direct or indirect furnishing or delivery of intoxicating liquors to persons within such state in violation of the laws thereof, even though such action might incidentally affect interstate commerce.

“The supreme Court of the United States, shortly after the ratification of the 21st Amendment, held that the states had plenary power to adopt measures necessary to prevent the transportation or importation of intoxicating liquors for delivery or

use in the state in violation of state law, as guaranteed by the second section of the 21st Amendment."—EDWARD B. DUNFORD, "Significant U. S. Supreme Court Decisions, *The Voice*, Washington, D. C., Sept., '45.

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Baseball Viewpoint

So strong a believer am I against the use of alcoholic liquor, that I have come to believe that the only safe way to be temperate about it is not to use it at all.—BRANCH RICKEY, Baseball Executive.

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Senatorial Prestige

A State Senator, Cleveland Ohio, October 20, was fined \$150.00 and costs by a Police Judge for driving while drunk and crashing a red light. "You were elected to make laws," said the Judge, "and you have a responsibility to uphold them."

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Real Service

There are today about 12,000 Alcoholics Anonymous. The oldest, in point of membership, have been sober eight to ten years. Of those sincerely willing to stop drinking, about 50 per cent did so at once. About 25 per cent stopped after a few relapses. Most of the other members have improved.

There are no membership requirements, no fees, no dues, no positions taken on controversial questions, no evangelism.

Alcoholics Anonymous is a synthetic idea embodying nothing new. It has adopted wholly the principles of both medicine and religion.

But the members, as healers, have one great advantage. They are drinkers who have recovered. A drunkard meeting one of the A. A. members for the first time in years thinks himself understood. For the first time he feels safe. This, the spokesman declared, is the advantage that the A. A. members have over doctors and clergymen.

The drinker who wants to reform is told both the medical and the religious side of the reasons.—From a report to the Medical Society of the State of New York, May 9, '44.

You Label It

Civilized society can take no pride in the fact that it allows so many of its members to debauch themselves with a powerful drug. Not only does society allow this to happen but it actually encourages indulgence in alcohol by making it accessible to everyone and by surrounding its use with practically no safeguards. The public does not demand that alcohol be controlled. Yet alcohol does more harm, individually and socially, than all the other narcotics combined. Other drugs purchasable by the public are labeled as to contents, possible harmful effects, overdosage, and so on. But alcohol masquerades as an innocent and beneficial beverage.—JOHN L. COFFIN, M.D., Supervisor of Health Education, Los Angeles, Calif., City Schools.

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Propaganda

While science and Alcoholics Anonymous attempt to analyze and salvage individual cases of alcoholism, the great fact today is the dominant, sinisterly purposeful propaganda of the organized liquor interests.

It is everywhere.

It impregnates the air.

It lies in wait with its cajolery at the most strategic corners of every city.

It speaks in subtle syllables from the pages of press and magazines.

It purrs and croons in star-filled programs over the air.

It sidles up to Research Councils and passes in its all too generous checks for "research" purposes of its own.

It attempts to silence preachers and editors through smooth apologists on church boards and publishing directorates.

It adopts the philosophy of "Mein Kampf," that it is possible to make black white and apparel slavery in the garb of paradise.

That is why radicals are needed today,—men who will not flinch; men who demand the facts and who point steadily to the only way of changing present conditions and permanently changing them—namely, by united action of informed and independent citizens.—*Conn. Citizen*, Mch., '44.

A Working Bibliography on the Beverage Alcohol Problem of Today

SCIENTIFIC; HEALTH; THE PROBLEM IN GENERAL

Alcohol, Science and Society, the lectures in full of the 1944 Yale School of Alcohol Studies; 29 lectures by 24 speakers, all experts, with discussion as it occurred. All aspects of the problem by highest authorities in physiology, medicine, psychiatry, sociology, anthropology, psychology, religion, law, economics and related fields. Numerous tables and illustrations. Published by *Quarterly Journal of Studies on Alcohol*, New Haven, Conn. 1945, 473 pages, \$5.00

SPECIAL: 1946 paper-bound edition, from original plates; all lectures and discussion in full. \$2.00. Intercollegiate Association, 12 N. Third St., Columbus 15, Ohio.

Abridged Lectures of the First Summer Course on Alcohol Studies at Yale University. Published in condensed, popular form for educational purposes, 1944. The latest scientific information on the alcohol problem. 110 pages; 50 cents; 10 copies, \$4.00. Intercollegiate Association, 12 N. 3rd St., Columbus 15, Ohio.

The Advancing Front of Medicine, by GEORGE W. GRAY, M.D. Chapter V, "Drink," is a concise, non-technical and up-to-date summary of the established scientific information as to beverage alcohol and its effects in human life. 1941. Whittlesey House, New York and London.

Alcohol and Man, HAVEN EMERSON, M.D., Editor. A comprehensive and substantial survey of scientific information on the physiological, psychological, health, chemical and all related phases of the alcohol problem by sixteen leading scientific experts in their special fields. 450 pages; 1939, \$3.50. Macmillan Co., New York, N. Y.

Alcohol: Its Effects on Man, HAVEN EMERSON, M.D., Editor. A summary and condensation of the larger volume, *Alcohol and Man*, prepared for high school use. Cloth, 114 pages, 1934; \$1.00. D. Appleton-Century Co., New York, N. Y.

Standard Encyclopedia of the Alcohol Problem, ERNEST H. CHERINGTON, Editor-in-Chief. A reference work in six quarto volumes covering various phases of the subject of alcohol in all lands and times, treated from the standpoints of physiology, chemistry, political econ-

omy, sociology, history, religion, morals, etc., under 7,000 topical headings. Published 1925. Covers period to first years of National Prohibition. Heavy cloth, 2,940 pages, 1,500 illustrations; \$37.50 per set of six volumes. American Issue Publishing Co., Westerville, Ohio.

Alcohol Explored, by HOWARD W. HAGGARD, M.D., and E. M. JELLINEK, Sc.D., is an all-over survey of scientific information on the alcohol problem of today, including, especially an exploration of recent and earlier findings as to "why some men become excessive drinkers and why some excessive drinkers become addicts." Representative chapters include: "The Alcohol Problem Defined," "What the World Drinks, and How Much," "What Happens to Alcohol in the Body," "Alcohol and Behavior." Dr. Haggard is Director of Applied Physiology at Yale University. 297 pages; 1942; \$2.75. Doubleday Doran & Co., Garden City, N. Y.

Effects of Alcohol on the Individual, by E. M. JELLINEK, Sc.D. Edited on behalf of the Scientific Committee of the Research Council on Problems of Alcohol. A highly scientific digest of a vast number of volumes and articles on alcoholism; alcohol addiction and its treatment; alcoholic mental disorders; vitamin deficiencies in alcoholism; scientific tables and much bibliography. 1924; 366 pages, \$4.00. Quarterly Journal of Studies on Alcohol, 4 Hill House Ave., New Haven, Conn.

Alcohol and Human Efficiency, by WALTER R. MILES, Ph.D. A noted book of research, with detailed report of extensive experimentation with moderate quantities and dilute solutions of alcohol. Written in 1924, it is of highest permanent value. \$3.00; The Carnegie Institution, Washington, D. C.

Effects of Alcoholic Drinks, by EMMA L. TRANSEAU, Research Secretary. Widely compiled information, strictly scientific, as to the nature of liquors; bodily disposal of alcohol; effects on the nervous system; neuro-muscular coördination; alcoholism; normal resistance to health dangers; social burden of alcohol. A systematic survey in non-technical language. Revised edition, 1936. Board, \$1.50, paper, \$1.25. Scientific Temperance Federation, 12 N. Third St., Columbus, Ohio.

Alcohol and Human Life, by COURTENAY C. WEEKS, M.R.C.S., L.R.C.P. A thorough, comprehensive book by one of the most noted scientific educators, with exceptional experience as army surgeon, to be found in Great Britain. The "use of alcohol in medical treatment," "as a food," and its effects on "the nervous system," and the body, "the child and racial poison," are among the topics carefully treated. 1929; 200 pages; H. K. Lewis and Co., Ltd., London.

PSYCHOLOGICAL APPROACH

The Psychology of Drunkenness, by ALBION ROY KING, Ph.D. This very recent, enlarged and up-to-the-moment edition of Dr. King's popular presentation of the new basic psychological facts on intoxication and its influence on personality is not only clear and specific; it is scientifically sound and of practical usefulness. 1943; 64 pages. Cloth

\$1.00; paper, \$.50. Dean Albion Roy King, Cornell College, Mt. Vernon, Iowa.

"The Psychological Effects of Alcohol," by WALTER R. MILES, pages 224-272, and "Alcohol as a Psychiatric Problem," by ADOLF MEYER, pages 224-272, of *Alcohol and Man* by HAVEN EMERSON, M.D. \$3.00, Macmillan Co., N. Y.

What Price Alcohol? by ROBERT S. CARROLL, M.D. Preface by Adolf Meyer. A survey of the psychological and physiological understanding of the alcohol problem from the viewpoint of a highly experienced psychiatrist; reorients the causes and treatment of alcoholism. 1941. 362 pages, \$3.00. Macmillan, N. Y.

Alcohol: One Man's Meat, by EDWARD A. STRECKER, M.D., Sc.D., University of Pennsylvania psychologist, and FRANCIS T. CHAMBERS, Jr. The section, "The Psychology of Alcoholism," contains chapters on "Alcohol, the Camouflaged Narcotic," the "Identification of the Alcoholic," "Suggested Physiological Mechanisms in Abnormal Drinking," "The Alcohol Saturated Personality," "Alcohol and Sex," and the "Alcoholic Breakdown." 1939. 230 pages, \$2.50. Macmillan Co.

To Drink or Not to Drink, by CHARLES H. DUFFEE, Ph.D. A discussion of the cause and cure of "problem drinkers," of "the man or woman whose drinking is a matter not of choice but of inner necessity." Three sections outline the scope of the book: "Understanding the Drinker," "Helping the Drinker," "Drinking as a Social Problem." Dr. Durfee writes from experience in treating "problem drinkers." 212 pages; 1937; \$2.00. Longmans, Green and Co., New York.

Alcohol: Its Physiological and Psychological Effects and Their Social Consequences, by MARY LEWIS REED, R.N. The important scientific findings of recent investigations condensed into a fifty-six page booklet; clear, factual material and its social meaning. 1942; 15 cents: Mary Lewis Reed, Room 902, 468 Fourth Ave., New York, N. Y.

SOCIOLOGICAL; CULTURE, CUSTOMS, TRADITION

"Drinking Mores of the Social Classes," JOHN DOLLARD, Ph.D., Professor of Social Anthropology, Yale University, and—

"An Anthropological View of the Alcohol Problem," DONALD HORTON, Ph.D., Research Assistant, Anthropology, Yale University; chapters in the *Abridged Lectures of the First (1943) Summer Course on Alcohol Studies* at Yale University; 110 pages; 50 cents. *Quart. Jour. of Studies on Alcohol*, 4 Hillhouse Ave., New Haven, Conn.

John Barleycorn, JACK LONDON; a personal experience of the working out of community traditions and drink practices in the lives of growing youth; their continuing pressure, from truck garden to wealthy artistic culture. (1913.) The Century Co., N. Y.

Good Night, Sweet Prince: the Life of John Barrymore, GENE FOWLER. An incidental—but realistic—view of working of alcoholic assump-

tions and traditions in modern influential culture; results in the lives of men of unusual talent.

Alcohol the Destroyer, by C. AUBREY HEARN, LL.B. A wide examination of the unfortunate consequences of alcoholic liquors in daily living, organized as a study book for youth of high school age in attendance at church schools. It brings out "the Nature of Alcohol," as it injures "Health," "Mind and Personality," "Moral and Spiritual Values," and "Society" and encourages youth to face the question, "To Drink or Not to Drink?" 162 pages; 1944 revised edition. Cloth 60 cents, paper 40 cents. The Broadman Press, Nashville 3, Tenn.

Mass Observation: Report of Juvenile Drinking, a social survey by MASS OBSERVATION, London, Eng. An objective, factual study of how, when and why young people consume alcoholic drinks; scientifically selected areas of London and other English communities; special reference to war-time conditions. A valuable sociological study. *The Livesey-Clegg Youth Club*, 44 Union St., Sheffield 1, England.

The Lost Weekend by CHARLES JACKSON. "The story of a man in the grip of alcohol and why. His loneliness, his need to drink, his traffic with pawnbrokers, his dangerous hang-over, his day dreams of himself as a genius and actual nightmares." 244 pages, 1944; Farrar and Reinhardt, Inc., N. Y. and Toronto.

Inebriety, Social Integration and Marriage, by SELDEN D. BACON, PH.D.; 76 pages, 75 cents.

Adult Adjustment of Foster Children of Alcoholic and Psychotic Parentage and the Influence of the Foster Home, by ANNE ROE, PH.D., and BARBARA BURKS, PH.D., 164 pages, \$2.00.

Some Economic Aspects of Alcohol Problems, by BENSON Y. LANDIS, PH.D., 44 pages; 50 cents.

The above three: Alcohol Education Associates, Box 111, West Hartford, Conn.

EDUCATIONAL; TEACHING AIDS

The Alcohol Problem Visualized, by the Editorial Committee of the National Forum. "Visualized" is its distinctive characteristic—vivid, dramatic, highly illustrated, yet scientific, objective, factual. The important facts, findings, and figures of specialists. 1940; 96 pages; 75 cents. The National Forum, 417 S. Dearborn St., Chicago, Ill.

Alcohol Talks to Youth, by HOWARD E. HAMLIN; 1944 edition, revised; largely rewritten. "Alcohol," speaking frankly to "Youth," from the Laboratory of Physiology, gives freely the scientific facts about himself and the influence he has on mental, emotional, physical and social living. Here in the Laboratory he tells the truth—and nothing but the scientific truth—such as young people want to enable them to decide their own attitude and conduct. Professor Hamlin is Supervisor of Health and Narcotics Education, Ohio State Board of Education, former Professor of Physiology, Ohio State University. 32 pages; 25 cents;

Howard E. Hamlin, State Board of Education, Columbus, O.

Suggestions for Instruction Concerning Narcotics and Stimulants, H. R. WALLIS, Idaho State Director, Narcotics Education. A comprehensive manual for teachers: I. Understanding the Program; II. Emphases by grades, activities and outcomes; III. Integrating Charts and Illustrations of Integrations; primary, intermediate, upper and high school. IV. Helps for Teachers—visual aids; suggested experiments; activities; sources of material. V. Annotated Bibliography 92 pages; 1944, Department of Public Instruction, Boise, Idaho.

Practical Experiments with Alcohol, by F. M. GREGG, Ph. D. A syllabus for teaching the relation of alcohol to health and hygiene by the experiment method; a combined text and workbook, addressed to intermediate grades; fourth edition; 50 pages. The Higley Press, Butler, Ind.

Popularizing the Educational Approach to the Problem of Alcohol; lectures at the Forum—Conference at Ohio State University, 1945, sponsored by the State Department of Education, and four departments of Ohio State University—Sociology, Education, Social Administration, College of Medicine, and the University Religious Council, in cooperation with faculty men of Yale School of Alcohol Studies. Issued by Ohio State Board of Education. For sale by the Intercollegiate Association, 12 N. Third St., Columbus 15, O. 40 cents.

I find *The International Student* interesting and valuable for use not only in the library but as stimulating and new for the Physiology class.—DONALD McCOWEN, Science Instructor, Wheelersburg High School, Ohio.

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You are doing an excellent work with *THE INTERNATIONAL STUDENT*.—DR. WAYNE T. GRAY, Sociology, Union College, Ky.

EDUCATIONAL APPROACH

(Continued from Page 96)

tion, in pamphlet form and distributed to 5,000 school officials—Superintendents, Principals, teachers, college faculty members and others.

Entitled, *Popularizing the Educational Approach to the Problems of Alcohol*, the pamphlet is for sale, at 25 cents, by The Intercollegiate Association. Address, 12 N. Third St., Room 408, Columbus, 15, Ohio.

Popularizing The Educational Approach To Alcohol Problems

UNDER THE LEAD of experts from two great universities—Yale and Ohio State—a *new attitude of approach*, or way of considering the perplexing beverage alcohol problems of today, was tested—and found effective—as an outcome of a Forum-Conference of college, university, high school, state and church school educators, ministers and welfare workers at Ohio State University a few months ago. It was a unique conference, nothing quite like it having been held before.

Featuring scientific research men of highest standing from the Yale University School of Alcohol Studies, in cooperation with State Board of Education, Ohio State University and Central Ohio college faculty members, it was sponsored by four university departments—Education, Sociology, Medicine and Social Administration, the State Board of Education, and the University Religious Council. Probably at no time in this country has a conference on the beverage alcohol problem been more highly sponsored or attended by men and women of higher standing and range of educational interest in this problem.

They were definitely seeking a modern approach, both scientifically and educationally sound, to the problem and the beginnings of an enlarged and effective educational program for the near future.

The lectures of that conference, including such titles as "The Alcohol Problem; Its Complexity in Modern Life," "The Role of the Public School," "The Alcoholic: A Study of Individual and Social Factors," "Understanding the Alcoholic", and "Popularizing the Scientific Findings Concerning Alcohol," have been issued by the Ohio State Department of Educa-

(Continued on Previous Page)

BULARY
1946

THE
INTERNATIONAL



STUDENT

OF LIQUOR IN LIFE TODAY

In This Number - -

*Alcoholic Culture
and Public Health*

*Swedish Students Lead
to New Culture*

Why a Non-Drinking Life?

Place of Alcohol Education

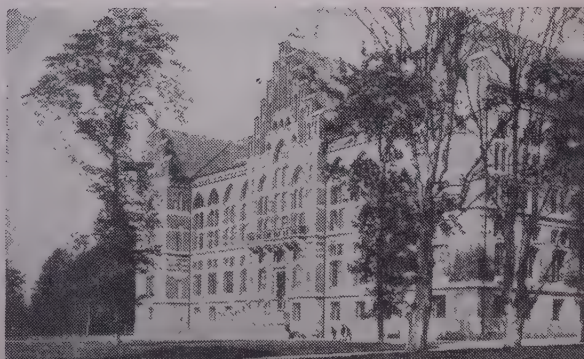
British Train Youth Leaders

"Make It Smart" Propaganda

*Contribution of Advertising
to Liquor Problems*

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THE INTERNATIONAL STUDENT

FEBRUARY, 1946

Vol. XLIII, No. 4

HARRY S. WARNER, *Editor*

Program for 1946

SEEK THE TRUTH fearlessly wherever it may be found; follow where it leads.

Promote study, discussion and instruction on the Beverage Alcohol Problem of Today, especially in colleges and high schools.

Cooperate with and encourage faculty members, student leaders and workers among students *in taking leadership* in a new educational movement on these problems in the community and the nation.

Examine — and evaluate — the conventional thinking, assumptions and social customs that give support to alcoholic culture and alcoholism.

Give attention to the social and national welfare aspects of the problem of alcohol, to the *concern that sees beyond self and group* to the health and safety of society.

Aid in the creating of an educational leadership toward solution of the problem in America and the world.

Specifically: Make *easily accessible*, through THE INTERNATIONAL STUDENT, the latest and best information to accomplish these purposes.

THE INTERNATIONAL STUDENT, organ of THE INTERCOLLEGIATE ASSOCIATION FOR STUDY OF THE ALCOHOL PROBLEM, is issued six times a year, in October, November, January, February, April and May.

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Alcoholic Culture And Public Health

By HARRY S. WARNER

THE resort of the *unthinking public* to so powerful a drug as alcohol, as a popular means of obtaining sensations of ease and release, in any realistic view of human nature, can hardly avoid having an effect on public health. The immediate and direct impact on the human body, at times, has been greatly exaggerated; but even more widely its influence on mental health has been misunderstood and overlooked. From one view-point of ordinary observation, beverage alcohol seems to be the cause, direct or complicating, of almost every ill to which man is heir; from another, to vast numbers who regard it as necessary to happiness, it has nothing to do with bodily ills, except when used in great quantities. Many count on it as a medicine, a cure-all for indefinite ills, a quick relief in acute situations. Unfortunately scientific information has not been clear, until recent years, and it has been of little aid to the public in deciding between these general impressions.

Points of Contact

Now, however, dependable information is abundant: That the continued or heavy use of beverage alcohol helps to create conditions in home and community life out of which come a great variety of serious ills, mental and physical; that it definitely interferes with nutrition and injures the digestive system; that a specific and serious form of disorder of great proportions and vast public significance, in addition to many lesser and indirect ills of mind and body, is found wherever its continued use is general in a community. The problem of alcoholism, therefore, is now being regarded by health experts as one of the great health problems of the day.

From a forth-coming book, *The Liquor Cult and Its Culture*, by HARRY S. WARNER, COPYRIGHT, 1946. Reprint not permitted

The Alcoholic-A Sick Man

Practically all scientific investigators now regard the developed alcoholic as a sick man, not merely as a moral or social delinquent, a wilful disturber of the healthful living of himself, his family and friends, a sinner, or a criminal. That alcoholism is a plague to human health, is a scientific conception that is now generally accepted. The antics of an intoxicated man, when properly understood, can not be taken lightly, as a joke or occasion for amusement. The disorders in his brain are too serious, too abnormal. They are much more than expressions of immorality, much more than toxic misdemeanors that end after a night in jail and a \$5.00 fine. Frequently they are the outward marks of serious inner conditions, of emotional, nervous or physical disorders. Many heavy drinkers are such because of an inner urge that has grown beyond their control. The alcoholic is a "compulsive drinker" because of emotional drives in his depleted self that he does not understand and is unable to resist, or that he is convinced that he is unable to resist. He drinks to escape, temporarily, from something that to him seems to be worse than drunkenness, worse than the miseries of the "next day after" that follow his drinking periods, as he knows only too well.

For him, as for the care of other sick people, a hospital and the services of the expert are necessary, the doctor, the psychiatrist, the especially equipped minister or his friend from Alcoholics Anonymous, who knows him, his attitudes, his suffering, his evasions and his problems. These render the service needed. The large results being shown by those who are thus working scientifically and realistically with the ultimate victim of alcoholic ill-health, are substantial and promising.

Public Attitude Obstructive

But the public attitude is not helpful; rather, it is often obstructive to this constructive approach. "What would you think of a medical program suggesting that people suffering from cancer and tuberculosis be shackled and thrown into barred cells?" asks the psychiatrist of a great Federal prison.¹ "Only 150 years ago we treated the mentally ill that

(Continued on Page 108)

Swedish Students Lead To New Cultural Level

ONE OF THE MOST influential factors in the movement of the past forty five years that has made the Scandinavian Countries of Northern Europe the most temperate, in the use of beverage alcohol, of all the nationalities in that continent, is the leadership that has been taken continuously by university and other students, especially the students of Sweden, Finland and Norway.

In Sweden the student society, *Sveriges Studerande Ungdoms Helnykterhetsförbund*, popularly known as S. S. U. H., is effectively active, and has been for more than forty years, having organized groups in the universities, teachers colleges, technical and other higher schools. It is definitely academic, emphasizing the open minded seeking of truth and the study of latest scientific information. Its function is to develop a sense of responsibility for service among educated people, and to lead in educational service to the alcohol problem of the nation. It has permanent headquarters and editorial offices at the University of Uppsala and in Stockholm.

Much attention is given to social drink traditions and customs and their influence in public and social life. To counteract the prestige given them in aristocratic and influential circles and to aid in equipping leaders S. S. U. H., each year promotes an extended program of non-alcoholic social activities, music, folk-dances, out-door recreation, and natural self and group expression and recreation.

It seeks to establish among the younger people of social influence and high educational standing, a culture that stands out for its joyousness, its naturalness of expression, its freedom from unwholesome inhibition, and to make this non-alcoholic life popular in the life of the nation.

Why A Non-Drinking Life? Ask Swedish Students

By GUNNAR NILSSON

WHY ABSTAIN from alcoholic beverages? That certainly is a question which merits discussion and calls for an answer.

The question does not lie simply in the fact that the non-alcoholic life may be accepted at once as the only natural way for citizens living in the life of today. Years ago, when alcohol was first seriously questioned, the call for abstinence seemed to be the only way to fight alcoholism. That motive yet remains and is effective; but in addition another motive has now arisen for not drinking which has deeper meaning. It is, that abstinence from alcohol is good in itself, worthy of aspiration, without need of taking into account the many varieties in which the alcohol habit occurs. From this view-point, even the moderate use of alcoholic liquors appears to be incompatible with the demands made upon men of our time. The demand for keen physical ability and mental poise is much greater than it was a century ago. The highly technical life of today, the machines that many must handle with skill, and the vast undertakings of society are such that even minor infirmities in the individual may have tragic results; and not only to himself, but to all who in different ways are dependent upon him.

Social Considerations

That the alcohol problem is essentially a social problem, may be seen from ever so fleeting a glance at the many social welfare activities and institutions about us. Alcoholism is a curse in many Swedish homes; disorders and crime due to it bring a large percent of those in our prisons; drinking

This article, by a Swedish university student, is condensed from "Varför Absolutist?" by Gunnar Nilsson, in *Polstjärnan*, Nov. 1941, the student publication of S. S. U. H., the Swedish Student Temperance League that is and has been active in the universities, technical schools and teacher colleges of Sweden for forty years or more. The League promotes study of the alcohol problem, using the latest scientific material and modern educational methods.

drivers add deaths to Swedish highways. Even if we confine ourselves, first of all, to that alcohol habit which most men regard as immoderate, we cannot escape the fact that even relatively small amounts sometimes have unfortunate results, even aside from their bearing on crime and traffic accidents.

Deteriorating Influence

The deteriorating influence of alcohol upon man's physical and spiritual nature has been well established by medical science, which also has refuted the old superstition that it is a necessary part of the home medicine case. But these truths, even now, must continue to fight hard against the pressure of ancient customs.

On the economic side of the use of liquors by Swedish people, there is much truth to be told that lies behind that which relates to the two hundred million kroner that the state receives annually in taxes. There we see, also, the cost of social care and of law, both of which are much heavier, thanks to the extensive use of alcohol. But what we do not see, ordinarily, is the enormous sum that is indirectly taken from Swedish families in the form of lessened ability to work; in neglect of family support, interference with the education of children, etc., the result of the three hundred million kroner that the people of the country spend yearly for liquor.

Ethical Approach

Another motive for the non-alcoholic point of view may be noted through reflection on the ethical side of the habit. The joy and festivity that are symbolic of alcohol depend upon qualities in man which are not regarded as his best. His specifically human qualities, so rich in nuances, in fine shades of difference and capacity of variation, are too valuable to be violated and blunted by stupor, merely for the purpose of gaining a false sense of happiness, of throwing himself into a state in which all the human values that we esteem most highly, thought, judgment and reason, are trampled without mercy into the dirt. This is the answer that can be made to all alcohol habits, moderate and immoderate; for the difference between intoxication and inebriety is, and remains, but a degree of difference.

It is granted, however, that men merely on one festive occasion or another use alcohol, and then without the least thought of drunkenness, have difficulty in finding a reason, either medical, social or ethical, which says that such a habit is detrimental to them. Considered as from their individual point of view, it may be conceded that they are right; there are few egoistic souls who can say that they should desist. On the contrary, their "No, Thank You," might place them in an uncomfortable situation; it is not pleasant to be iconoclastic, even if one is strong for his point of view. The problem of "abstinence or not" remains, therefore, one of motivations and of what society demands in the life of the individual. He who maintains an interest in society and its welfare, who sees himself not only as an individual, but also as part of the vast machine called humanity, the viewpoint of abstinence is self-evident. For by taking this attitude, he aids in resisting a custom that for centuries has shut out the light of day from the lives of men.

The opportunity and responsibility for taking this higher ethical view, comes especially to studious youth—those engaged in seeking higher education—those who in the future shall occupy positions of responsibility and leadership, and thereby, in higher degree than before, shall influence the forms that society shall take. May youth even now in its years of study make clear to itself the claims that society has upon it. In accepting the non-alcoholic life as one of these, the young man or woman shows that he understands his place, that he has the knowledge of responsibility which, first and last, is the stipulation of all human progress.

I WROTE *The Lost Week End*, because I had seen so many people drink themselves out of a job. In Shakespeare the drunkard is usually a clown. The first reaction of many moderns is to laugh at drunkenness. I tried in my book to take the joke out of alcoholism.

—CHARLES JACKSON.

The Place Of Alcohol Education

Summary of a Seminar

ON THE assumption that it is desirable to reach as many people as possible, with a program of modern scientific education on the alcohol problem, the Place and Importance of Alcohol Education was developed through four discussions. The public school, the church, organized adult groups, and teacher training colleges were considered as offering natural channels for such education.

Since education seeks to give to youth, the skills, facts, and attitudes that will enable him to live a purposeful and socially useful life, the school may well concern itself with a program because of the adverse effects of alcohol on personality, health, and usefulness. The school is in a favorable position; it has access to all the children and youth as has no other institution except the home, and its staff is trained in methods of teaching and guidance.

The church, though limited because of untrained teaching and lack of equipment, has four specific assets:

1. A sense of the importance of alcohol education, because of its opposition to practices that tend to injure opportunities for useful living.

2. Its teaching staff is selected primarily because of character and loyalty to ideals.

3. It enjoys a peculiar type of academic freedom.

4. In moral and ethical expectancy its education exceeds that of secular education.

Beyond the school and the church, because of the unique complexity of the alcohol problem, any effective approach to solution must include ways of reaching that large group of persons, who are not touched by either the school or the church. To do this, the cooperation of civic organizations, home groups, parent-teacher associations, youth councils, public forums should be secured.

Greatly condensed from the report of student seminars, at the Yale School of Alcohol Studies, session of 1944. ,

Resolution On Educational Effort

National Temperance Council, Washington D. C.,
January 17, 1946

WHEREAS, in recent years there has been a decided increase in the spread of alcoholic drink customs in every-day living, initiating life-habits of dependence on alcohol among youth, especially young women, and among women, army, navy and war-industry service men and women, and

Whereas, these customs are being promoted and intensified in the home, in social groups, and everywhere by radio, newspaper, magazine and other promotion, often misleading,

And whereas social drink customs tend to sift out and start toward frequent, heavy drinking, many or all of those most susceptible to alcoholic excess, or who do not know the long-time effects of continued alcoholic indulgence.

Be it resolved that we call for greatly enlarged educational activities, in the home, the schools, the colleges, the churches, and the citizen-public, regarding the dangers of social alcohol as basic to all efforts and programs that seek to reduce, control or eliminate intemperance and alcoholism from American life and culture.

That, to this end, the extended use of the latest and best that scientific knowledge and modern teaching procedure have to offer, be encouraged and promoted as fundamental to any and all programs toward early or long-distant solution of the alcohol problem.

British Train Youth Leaders For Anti-Alcohol Education

FOR FOURTEEN YEARS without a break, in war and in peace, always with a greater number of applications than could be accepted, young men and women from all parts of Great Britain, between the ages of 16 and 30, have been attending the National Temperance Summer School, each year in August, at Westhill College, Selly Oaks, near Birmingham.

The School, this past summer, 1945, covering eight days under the lead of scientific and educational experts, was especially significant, in view of the very recent end of the world war, and the degree to which Britain had been affected by the war. It was regarded, by its leaders, as a part of the new plans that are slowly developing toward the shaping of better ways of life for the post-war period. This was marked by the interest of the young people who spent the eight days in intensive training that they might be more effective in temperance educational activities. The demand for registration was so great that assignment had to be made on a strict area and representative basis.

As a result of the success of the school, this year, and of its success for the past fourteen years, the School is felt to be meeting a national need; an increasing number of week-end schools have followed it in recent years; and a wider recognition of the value of the educational method in temperance work has developed. One vital need now stands out for the future—that of a permanent teaching and training center where young people may have a full course of instruction, together with a post-graduate course for those who are older or are now in active service as teachers, speakers, or in other liquor-problem activities. The School is sponsored by the Temperance Collegiate Association, Robert Mains, Secretary, London.

ALCOHOLIC CULTURE AND HEALTH

(Continued from Page 100)

way, chaining and confining them . . . Still, in most cities and counties, we throw alcoholics into jails." The attitude of the public that lies back of such treatment is out-of-date, ignorant of modern scientific knowledge regarding alcoholism. It should be changed drastically from its present joking tolerance of drunken antics, to realistic understanding; from classing him as a sinner to be ridiculed socially, or as a criminal to be punished legally. His place is in a hospital or other place of special treatment, not the jail. This "sick man" may well be given a chance and a helping hand by the public when he really seeks to "come back," not made the social "scape goat" of all drinking society that he is today.

Spread of Alcoholism

Alcoholism is no respecter of social classes or of standing, high or low, although prevalent much more in some minor groups than in others. It is especially severe among the very poor, in neglected and overcrowded neighborhoods and in homes among many who, while earning good wages, live under similar surroundings and traditions; also, at the opposite pole, among the families of newly-acquired wealth, the "social climbers" and the people of long-standing social position who seek to preserve the prestige of age-old traditions and customs. But alcoholism, in very recent years, is spreading rapidly among the middle classes, including sub-groups, especially women, in which heretofore the social use of alcohol has been under disapproval.

"The rich and the poor, the highly intellectual and the ignorant, the frail and the robust, the shy and the apparently bold, the worried and the seemingly care-free, all furnish their quota of inebriates," writes a leading psychiatrist.² And he makes it clear that this increasing threat to health includes "people of accomplishment as well as those of no achievement."

The spread of alcoholism and inebriety may be measured and the seriousness of the problem understood by comparing the alcoholic sick, in various available respects, with those who are sick from other outstanding diseases that are fully

recognized as threats to public health, such as the following :

"With tuberculosis, cancer, syphilis, mental disease and infantile paralysis receiving competent and intelligent medical attention," writes Dr. Winfred Overholzer, St. Elizabeth's National Hospital, Washington, D. C., "we now have alcoholism as the greatest public health problem of the present time which is not being systematically attacked." ³ From the United States Public Health Service, Dr. Lawrence Kolb, Assistant Surgeon General, regards alcohol as "a very serious health problem" and "fourth in the list of conditions that bring people to the hospital for mental diseases." ⁴ "According to census reports," summarizes Dr. Gray, "alcohol caused more deaths in 1937 than any one of thirty-one infectious diseases, some of them notorious pestilences." ⁵

Comparing specifically with health problems that at once will be recognized as nationally serious, the following may serve as illustrations :

(1) **Cancer.** Deeply concerned, many of the keenest scientific minds of the age are engaged in an intensive and world-wide effort to discover and remove the causes of cancer and to find a cure for those afflicted. In this struggle, the public has demonstrated its attitude of cooperation by providing millions of permanent funds, great research laboratories, and by hearty acceptance and use of the information gained. The seriousness, the horror, of the affliction is never minimized. "Approximately one-half million persons are ill of cancer; at present rates, 150,000 will die during the next 12 months." ⁶ But there are at least 675,000 alcoholics ill at one time in the United States, not counting the 2,225,000 inebriates ⁷ who can hardly be classified as physically or mentally well. Perhaps an equal ratio may die each year. Of the cancer patients, says Dr. Gray, "we estimate that 20% might be saved by use of all existing knowledge and methods of treatment." But of the alcoholics, should the public act with equal intelligence and give aid and public approval to those who serve as experts, even greater results in the rehabilitation of lives may be expected. Many psychiatrists report real results. The "A. A." alone are redirecting from 40% to 50% of those who come under their treatment each year, by their strictly abstinent,

human understanding and religious motivation methods of appeal and fellowship.

(2) **Tuberculosis**, "kills one every 9 minutes, 55,940 a year," was the theme of a Christmas Seal broadcast, December 2, 1945, to raise funds to aid in the fight against this now greatly reduced scourge of the ages. "Fully half a million people are acutely sick with tuberculosis in the United States," says the National Tuberculosis Association. To aid research and treatment the Federal government appropriated \$10,000,000 in 1945. The service and money being given by private, state and highly organized agencies, professional and lay, is almost beyond measure. As a result, a marked reduction of the disease is one of the health trends of the present time. Yet there are more confirmed alcoholics in the United States than tubercular patients, and a vastly greater number, already inebriated, are approaching addiction. But much of the public is indifferent, ignorant of what is happening—or prefers the situation to remain as it is. While every effort is being made to stamp out tuberculosis, little is done toward solution of the alcohol problem. Alcoholics are neglected, treated as "sinners" against their drinking caste, against the social cult of moderate use and self-restrained drinking.

(3) "**Polio**", or infantile paralysis, the spectacular modern scourge that cripples youth and some adults, struck down mysteriously, in 1944, 19,000; in 1945, 13,000. Since the March of Dimes campaign began a few years ago, over \$8,000,000 has been raised by this unique appeal to aid the victims of poliomyelitis, and to aid research toward its prevention. The public is aroused against this disease, sometimes an epidemic, that strikes children without warning. But alcoholism, with its 750,000 compulsive drinkers, and its 2,250,000 additional inebriates, who can not by any stretch of the imagination be called "healthful drinkers," or "moderate users," but are men and women crippled in mind if not in body by their excesses, had its beginning also in youth; and almost always in social drinking groups at 16 to 17 years of age. The alcoholism with which they are afflicted did not "strike" suddenly; only a small percentage became alcoholics in their first few years of drinking. Their alcoholism grew un-noticed, neglected by drinking companions and certain

social groups as something that made them "the life of the party." Only after 35 years of age on the average, does serious alcoholism develop, slowly or rapidly, according to the nervous make-up and impelling social surroundings of the different individuals involved.

The 750,000 addicts, seriously alcoholic sick, do not constitute a large percentage of the 50,000,000 users of alcohol in this country.⁸ But including the 2,250,000 excessive drinkers, many of whom are at least on the border line of mental, physical or social illness, the ratio is very great, as compared with those afflicted with, or approaching, other great diseases. In such a comparison the national total of alcoholic sick forms a gigantic health problem.

Mental Health Complications

As a complicating and causative factor in public health, the beverage alcohol custom has its most direct bearing on (a) problems of mental and emotional health, on the normal functioning of the mind and nerve centers; (b) the nutrition of the body and the consequences of malnutrition when, taken continuously or in large quantities, the desire for it replaces and crowds out the desire for vitamin-bearing and other nutritious foods.

Most vital is its depressing of the brain, a disturbance that begins with the minor degrees of intoxication and increases as intoxication increases. Even before indulgence, such as is popularly called excessive, has begun, mental activities are depressed to a degree that can not be called healthful. In advanced stages, alcoholic illness is chiefly mental illness. It is to the hospital for mental disorders and to the seclusion of those alcoholics who are shielded from public gaze by family pride and local group oversight, that we must look for the final results of alcoholic culture as shown in mental disorders.

Alcoholic mental disorders may be classified as:

1. Minor; ordinary drunkenness; the mind not functioning in a healthy way while intoxicated.
2. Heavy drinking; inebriety; usually the result of many years.
3. Addiction; a definite disease of mind or body, or both; the disorders of the weak, maladjusted personalities and lives as

developed, rapidly or slowly, to the accompaniment of much alcohol.

Minor health disorders are disturbing to the community; to the individual, in the foolish things he will do; but often serious, such as driving while drinking; loss in time and inability to cooperate in work; inefficiency in industry. Inebriety is especially injurious to the home; an occasion for family discord, unhealthy living for children, neglect, poverty. And the disorders of the confirmed alcoholic group are such as to require the aid of the specialist, the hospital, the alcoholic farm, the approach of Alcoholics Anonymous. "There is probably no known disease which brings so much grief to the patient and his relatives as chronic alcoholism."⁹

Nutrition, Vitamins, and Alcohol

In the relation of alcohol to physical health, "Primary consideration must be given to the nutritional deficiencies,"¹⁰ as Jolliffe says. Here is where the chief bodily injury from excessive drinking occurs. Alcohol becomes an important item in the diet of the heavy drinker; it provides him calories, but reduces or destroys his desire for food containing other essential ingredients, vitamins, minerals, proteins. "If a man drinks, say, a pint of whisky a day, 1,600 calories of his consumption of other foods will, over a period of months or years, be reduced by an average of 1,600 calories a day . . . Whisky contains no vitamins. In taking such calories he omits from his diet-to a corresponding number of calories,-the meat, bread, potatoes, vegetables and fruits which supply vitamins, minerals and proteins."¹⁰

As a result of this nutritional deficiency, polyneuropathy, pellagra, cirrhosis of the liver, and other diseases develop. And the body, deprived of balanced nutrition, becomes subject to ills that are not otherwise associated with alcoholic beverages.

Those Most Susceptible

The conception of the alcoholic as a sick man and the prevalence of alcoholism as a health problem, raises the question: Who, or what sort of people, are most likely to be so afflicted, to "catch it?" What are the conditions that make men susceptible to it? What influences tend to increase or to reduce its prevalence, its "virulence," to use a medical term in a

figurative sense?

To these questions, there are as many and as complicated answers as those involved in the whole sociological understanding of the entire problem of alcohol in social living.

But specifically, as to mental health, modern research has made it clear that the alcoholic is often a person who has had an unfortunate childhood, neglected and unloved, in a jangling home; or over-protected by parents; or emotionally oversensitive, maladjusted to his associates and surroundings; or, in middle and high class homes, has had too much "mothering;" has become too introspective, self-conscious, full of resentments, thus growing up with nervous urges that find relief in large quantities of alcohol. Because of these and similar pressures, he turns more freely and with less restraint to alcohol than does the average youth—after once he has learned its meaning to him. Of the 750,000 current addicts, it has been estimated that 40% or more are disorganized personalities with this historical development.¹¹

But there are others, with more stable background, who come to addiction through steady drinking, some only after years of heavy drinking. They are so constituted by heredity, childhood conditioning, and strength of body and mind as to be able to withstand much excess. Yet, from these apparently self-controlled, steady drinkers, who regard themselves as fairly moderate, it has been estimated, come 60% of the "alcoholic sick" who need the aid of the expert.

But people vary in the degree to which they are susceptible to other diseases—even to the great contagions. Many factors are always involved. In tuberculosis, for every mature case there are some who have had it, or the beginnings of it; some who have recovered, and gone through life without its resurgence. Community attitudes helped them win in their struggle.

One who is sensitive to tuberculosis does not necessarily develop an active case, become sick, or die from it. With the aid of modern preventive medicine, careful living, nourishing food, abundant fresh air, this disease may almost be "stopped in its tracks," if **taken in time**. But that vast numbers of people may be mildly or acutely subject to tuberculosis—that it can easily and quickly grow into serious proportions, that vast numbers can and do acquire it, are facts that are taken

realistically, not evaded by public health authorities.

Certainly the probability of growth in alcoholism, its acute development, its spread to millions, when conditions favor—its growth from mild intoxication to delerium tremens in some who know nothing of their ability to resist or not to resist, **who can not know** until they have learned to depend upon it, is a health problem that should be faced no less frankly.

The “Alcoholic Sick”

The “alcoholic sick,” let it be made clear, are not merely the morbid and the over-sensitive, the physically or mentally deteriorated, the “inferior” in heredity, the neglected in childhood. Men of high standing, as well as the “down and out” are found constantly among those who have developed compulsive drink habits. Not alone are they those who would lose in the struggle of life if drink did not happen to “get them.” Without question, alcohol takes its greatest toll from among the weaklings, “to whom it offers an hour of rare self-importance.” But the alcoholics of every large community include many who, because they are highly sensitized, have capacities that are above the average. In a broad sense, it may be said that those whom alcohol injures least, who drink and often, are those in whom the physical and mental “vegetative” qualities are dominant; those that it injures most, are those in whom high mental and nervous qualities are dominant, those with creative ability.

For the inherent danger in the beverage alcohol custom to human health—especially mental—is not that due alone to deficiencies in human nature. It is not the inability of men to adapt themselves to alcohol, to continue restrained moderate use; it is the overly-depressing effect of alcohol on the healthful functioning of brain and nerves. The human nervous system, in an unknown proportion of individuals, is not able to withstand, with safety, the constant pressure of this form of drug depression. Human nature has not become so callous, except in undesirable instance and directions, as to endure the frequent contact of alcohol without injury to health.

“Carriers” of Alcoholic Sickness

The common cold, the “flu,” tuberculosis, many fevers, spread by the contact of people with each other; by air, water, the mosquito, other media. By identifying these carriers and

isolating them many past sources of infection, and diseases that were dangerously prevalent a generation or two ago, have been reduced, even eliminated. Typhoid, malaria, yellow fever are now subject to decisive reduction and control by sanitary measures. But first it was necessary to determine the means by which they spread, by which they reached those who were susceptible to them. So it is not unreasonable to expect that, with corresponding advance in community sanitation and preventive health measures, the corresponding "carriers" of alcoholism—although this sickness is in no sense a germ disease—may also be isolated, studied, identified, made non-toxic and eliminated.

But the beginning of nearly all drinking occurs in a social group, and its spread is by social group approval; in youth, when the impulsions of the group are most impressive in most lives. Suggestion, invitation, fashion, were the starting and continuing factors for moderate and heavy drinking alike. Back of these stand, in some groups, the inherited traditions of alcoholic pleasure, the customs, conventions, ceremonials that regard it as essential to social custom and personal pleasure. Almost automatically, under these assumptions, youth of all degrees of susceptibility to alcohol, all shades of mental and emotional make-up, heredity, personality, "problem children" and those whose problems are no more severe than those of ordinary living, are exposed to the illusions of alcohol, encouraged to accept it, to find release "from whatever ails you" in it, and count on it in times of strain.

The "carriers," therefore, of alcoholism are social drinkers, group practices and approvals. They spread among those who are susceptible and those who are resistant, the peculiar desire that for many in every generation becomes all-dominant. The significant point, as Horton says, is that "there must be a social and cultural situation which provides the occasion and some degree of permission before the neurotic even begins the process of becoming an alcoholic."¹² Social drinking, therefore, sifts out of the total drinking group—actually, the youth of that group—all those who eventually become seriously alcoholic, whether they are neurotic, or ordinarily are able to take it with no unfortunate results.

Among all frequent-drinking groups, this sifting process is going on. First, those with personality deficiencies, the young and immature who cannot "know their limit;" then those who for any reason or none, cannot, or do not want to keep their indulgence below their unknown safety line—all are being sifted out and started **unknowingly** on the road to ill-health, some of them toward addiction.

These social customs, assumptions and approvals spread out through the community from "higher" to "lower" social scales, from generation to generation. What the germ-laden air of the crowded street car, the fly, mosquito, contaminated water, are to other diseases, customs are in analogy to alcoholism and its preliminary stages of intoxication. As in infantile paralysis, "there is evidence that healthy carriers" (those not themselves injured) "play an important part in spreading the disease to which they are themselves resistant." Indeed, in actual daily living, it is these "who are naturally resistant," and proud of it, who "hold their liquor," who are most influential in spreading alcoholic desires. For the alcoholic sick man has quarantined himself by his very excesses.

Certain Community Attitudes

When alcoholism is compared with other health problems, both striking similarities and decided differences must be noted. It is equivalent to a disease in the community; the alcoholic is a sick man; he can be rehabilitated, his illness arrested; he is worth saving, and a community loss until that has been accomplished; alcoholism, as other health plagues, may spread among a people; this spread may be retarded, has been removed largely within certain groups. The acute development of alcoholism comes into existence, as do various other diseases, out of the coincidence of two factors: (1) inability to withstand, plus (2) access to a source or cause. These are striking similarities.

But as to public attitudes, a striking difference is to be noted. Unanimously, the public attitude toward tuberculosis, polio, and all similar ills, if awake at all, is one of serious concern, not only to aid the sick but to safeguard the well; to reduce, eliminate transmission of the disease; to prevent contact with poisons in industry; to head off colds and flu; to speed sanitation, to quarantine against the factors and media

that spread illness. But as to the diseases of alcoholism, the attitude of large segments of opinion is radically divergent. The factors and forces that spread it are regarded with indifference; the social customs that initiate it in the young are approved, not questioned. The alcoholic is treated with condescending tolerance, or as a nuisance, a joke, or a weakling. Parts of every community, of many families, of many racial groups; whole strata of society ignore this illness, its seriousness, the agencies that spread it, even while facing realistically the corresponding factors in other plagues to health.

"On the one hand, it (the social structure) extols alcohol and builds up its manufacture and sales into a major industry . . . encouraging its use by a thousand and one devices, such as making it almost synonymous with sociability, celebration and good fellowship . . . On the other hand it punishes, mocks, and derides the alcoholic. Its stock source of humor is the drunkard or the man under the influence of drink."¹³

Thus the public attitude, as to the basic factors of alcoholic sickness, is sharply divided. Whole communities and parts of communities are indifferent to efforts that seek prevention and cure. Other sources of great illness are reduced, controlled, eliminated as rapidly as possible; this one has large—if not major—social approval and is profitably commercialized.

When these two complicating factors are drastically altered—that is, social approval of drink initiation and trade promotion—we will have remaining a problem of alcoholism in public health that is closely comparable with that of tuberculosis, polio, etc., that may then be reduced gradually, as other great health plagues are being reduced, and eliminated by modern sanitary and health measures.

Prevention and Cure

"Priceless as is the power to cure disease, the power to prevent is of far more worth to the community and the individual." Health authorities guard with care against unsafe adulterations and impurities in foods; decaying and poisonous materials are kept out of the market; the occasions and carriers of oncoming epidemics are given expert study and the public warned; quarantines are set up against contagion;

education and re-education of the public and in the schools emphasize the means to health; and false attitudes are replaced by those that are scientifically correct. These all are preliminary to or accompany the curative efforts of doctors, nurses, hospitals, to arrest individual diseases and rebuild the sick.

Alcoholism is now recognized as a question of health, serious and wide-spread. Preventative measures, widely parallel with those of other great diseases, would seem to be the necessary first steps. As an illness, it must be approached realistically, with the knowledge that there are unstable personalities in every community; that life experience and life-crises develop unstable personalities; that alcohol is a popular but fictitious means of escape; that alcoholic-drug release, openly available in quantity to any and all who seek it will be used persistently for the intoxication and the illusion of relief that it offers.

As long as the alcoholic was merely a sinner, a drunk to be picked up by the police or taken home by his friends, the joke of a drinking party, the occasion and sources and history of how he came to be what he is, could be over-looked. But with the understanding that he is sick, the approving attitudes in the culture in which drinking is prominent, socially approved and customary, stand out as gigantic obstructions to public health.

* *

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“Make It Smart”

A Propaganda Program

IN MARCH, 1935, an eight-day convention of 49 Leaders of the Wine and Liquor Industries, representing 20,000 members, was held in Chicago. In addition to the business, speaking and a great display of the products of the industry, the following promotional objectives were expressed, as reported at the time by the American Business Men's Research Foundation of Chicago, as indicating what needed to be done to rebuild and enlarge the trade:

“Teach American women to drink . . . Invite and welcome them to your bars and taprooms.”

“Show young people how to enjoy the delightful wines of America.”

“Cultivate the public, don't worry about the politicians. We control millions of voters and through them the industry can be preserved.”

“Study, apply and duplicate the sales program and advertising results achieved by the cigarette and automobile industries.”

“Aim at bringing liquor consumption in America up to equal the much larger per capita use in Europe.”

“Adapt and aim your advertising so as to arrest the attention of the factory workers of our great cities; the miners of Pennsylvania, the farmers of Nebraska, and the particular individual groups of every locality.”

“We need to understand the habits of women and the younger generation. Train your publicity to catch the eye and develop the interest of the younger generation.”

“Make youth liquor conscious . . . Make it smart to drink wine.”

"Develop and cement profitable cooperation with local newspapers in every community. Remember that basically the local newspaper is your key to sales, the reason for this being that it goes directly into the homes".

"Liquor never was and is not now a moral issue. Up to now there has never been a concerted effort to instill a conscience into the liquor business."

"Every intelligent distiller and liquor seller is opposed to drinking to excess and deplures motor accidents due to excessive use, and other similar effects. We do not want a penny of money that is needed for food or necessities."

"We should be proud of our industry. Some of the best people in the country are aiding us. Our industry is just as respectable as banking, as the newspaper, or any other business."

"Remember that everything that is done in a rectifying plant (distillery) is supervised directly by the United States Government."

"The legitimate alcohol industry seems to be suffering from an inferiority complex. It should forget everything but what the people want."

"Whether or not women choose to drink is their own business. 'Our minds,' said a woman delegate, 'are made up to drink over bars and we will.' Any place not fit for a woman is not fit for a man. Most of the present taverns, bars, etc., are just like the old saloon except the swinging doors. But there is nothing wrong with that. We want them."

"The liquor industry should go on the radio with up-to-date programs, with feature stars and snappy script, identified with prominent names."

Its quiet presence on our reading counter is a more powerful influence than a sermon. Students read it of their own volition. Our library is happy to have friends who contribute *THE INTERNATIONAL STUDENT*.—GERTRUDE GIBBONS, Librarian, Vocational and Technical High School, Grand Rapids, Mich.

Contribution Of Advertising To Liquor Problems

By **WALTER O. CROMWELL**

THE RELATION of liquor advertising to the liquor problem has not received the proper attention of citizens, temperance groups, liquor organizations and local, state and national government officials. This situation exists primarily because of the attitude of the public. Whatever our views or position as citizens, parents, business men and women, ministers, teachers, social workers, doctors, liquor dealers and public servants, as individuals we share responsibility for the problem and whatever is done about it must eventually come from us as citizens.

Adds Up to What?

Alcoholic beverage propaganda and advertising hold the number one place among the contributors to the country's liquor problem. The liquor industries have grown steadily since repeal until in 1944 over \$7,000,000,000 were spent for alcoholic beverages in the United States, or \$54.00 for every man, woman and child. The daily expenditures went up from \$13,000,000 in 1942 to \$19,000,000 in 1944.

Without liquor advertising and propaganda this growth would not have been possible.

It is estimated that there are 750,000 alcoholics in the United States and 2,250,000 on the way to becoming alcoholics. The number of women alcoholics has steadily increased. There are approximately 400,000 retail liquor dealers in the United States plus an estimated 1,200,000 employed in the manufacture and distribution of beer and whisky. The growth of the alcoholic beverage business to such proportions could not have occurred without advertising.

Whatever the solution to our liquor problem, one thing is

Condensed from "The Alky Ads" by Walter O. Cromwell, Director of the Department of Community Conditions of the Chicago Juvenile Protective Association, Chicago, Ill., and President, Illinois Temperance Council.

obvious: no method of solution can succeed without the control of alcoholic beverage propaganda and advertising.

Advertising Media

We see beer, wine, gin, rum and whisky ads wherever we turn in America—along the highways, in public conveyances, in electric signs, magazines and newspapers; we receive their impact over the radio, in motion picture theatres and from the platform; 400,000 retail outlets use lighted signs and window placards to influence their patrons.

The alcoholic beverage people spend about \$75,000,000 a year for Alky Ads. The amount spent is not, however, the most significant fact; the ads double and redouble their influence. Money starts the ball rolling but it soon acquires economic, political, social and recreational influences to add to the momentum. Riding the crest the ads have brought their product from the corner tavern into drug, department, cigar and grocery stores; into ballrooms and bowling alleys and to picnics and sports, athletic, recreational and social gatherings; they have brought their products into the home. Children pay little attention to the alky ads but they do follow the example of parents and other adults. Adults and youth are the Alky Ad victims.

Advertising Technique

The advertisers of alcoholic beverages have one objective, *to sell more alcoholic beverages*. Because of their program women meet for afternoon bridge—and cocktails; men gather in the homes of cronies for games and beer or high-balls; millions of families serve drinks in their homes; serving drinks on boats and trains is considered essential. The ads are pushing alcoholic beverages into the hand of every possible consumer.

Thus the crescendo of the Alky Ads dinned into the ears and kept before the eyes of the men and women, youth and children of America—it's good to drink—the best people drink—successful people drink—athletes drink—ladies and gentlemen drink—it's patriotic to drink—it's healthful—it's pleasant—it's fun—it's wonderful—it's fine for *everyone* to drink! You must drink to be anybody at all! Drink for your country—to help win the war, the peace—Drink, Drink,

Drink, Drink to Victory, to nations, to health, to money, to power, to the good in life, to the bad. Drink to anything—but Drink!

So say the Alky Ads. *Never have advertisers so completely ignored the negative aspects of a product.* Never a word about the disease, broken homes, misery and wrecked lives left in the wake of this propaganda.

Who Pays?

We, the citizen, drinkers and non-drinkers, pay for the Alky Ads. We pay taxes to support public institutions which get their share of men, women and children victims of drink. But money is not the only payment. Some of us pay with the lives of loved ones, friends, relatives who become alcoholics.

Those who drink pay in money and misery—they throw seven billion dollars a year into the coffers of the liquor dealers, thus making it possible for them to spend \$40,000,000 to get those who do not drink to “try it” and those who do drink to drink more. Thus they give seven billion dollars’ worth of economic and political power to a group who have demonstrated little concern for the welfare of their fellows.

TRAGEDY OF OVER-SIMPLIFICATION

One of the most unfortunate mistakes, made and repeated by the friends of temperance, has been the over-simplification of the alcohol problem, which in reality has been and continues to be one of the most complicated and difficult of social problems.

The history of research and investigation into what has been unknown realms of science has disclosed such a wealth of what is now recognized as common sense and general knowledge, that it is not easy to compare many of the ideas of yesterday regarding the problems of alcohol and alcoholism, with the unfolding truths of today. What is undoubtedly to be experienced in the not too distant future may transform in some respects our conception of, and our approach to, the alcohol problem.—DR. ERNEST H. CHERRINGTON, *The Voice*, Washington, D. C., Jan. 1946.

Cult of Toxic Culture

*Seek the Truth
Come Whence It May
Lead Where It Will*

TODAY'S pledge—As a safe driver, I will do my best to reduce traffic accidents in 1946 by pledging myself as follows: "When I drive, I won't imbibe."

Because—1½ ounces of alcohol affects a driver as follows:

1—His movements are livelier but less co-ordinated. 2—He makes more errors. 3—Causes a delay of 5% to 15% in physical and mental response to signals. 4—He possesses a false sense of efficiency. 5—He is 9.7% slower in reaction to danger. 6—17% slower when danger is imminent. 7—35% more errors at intersections where traffic is heavy. 8—59% more errors in eye and hand co-ordination. 9—Traffic rules have no meaning to the alcoholic. 10—18% of all auto accidents caused by alcohol.—HERBERT E. TAYLOR, M. D., Sacramento, Calif.

* *

Making Your Choice

Whether or not you were acquainted with liquor as a child, you are not going to have a fair field now in which to make your choice to drink or not to drink. By far the greater portion of the influence that is brought to bear on you will tend to make you choose to drink. Those who indulge in liquor, and tenfold more those who sell it, go out of their way to emphasize the sociability that goes with drinking and to picture liquor in genteel, luxurious, or glamorous surroundings. Evidences of the effects of alcoholism on its victim and his family are kept out of sight as much as possible, so that if you want to know this side of the story you must hunt for it. You will never find it mentioned in the liquor advertisements that force themselves on your attention from the pages of popular papers or magazines or from the billboards that line our highways.—H. O. SWARTOUT, M. D., Dr. P. H.

CULTURE not only determines what alcoholic beverages shall be available to the members of society, it prescribes also who shall drink and who shall not drink.—DONALD HORTON, Ph. D., "An Anthropological View of the Alcohol Problem."

Moral Factor in A. A.

The great fact is just this and nothing else: that we have had deep and effective spiritual experiences, which have revolutionized our whole attitude toward life, toward our fellows, and toward God's universe.—*Alcoholics Anonymous*, 35.

* *

Limit to "Knowledge is Power"

The actual or potential alcoholic, with hardly an exception, will be *absolutely unable to stop drinking on the basis of self-knowledge*. This is a point we wish to emphasize and re-emphasize, to smash home upon our alcoholic readers as it has been revealed to us out of bitter experience.—*Alcoholics Anonymous*, 50.

* *

From Social Drink to ?

Many young people who have learned to drink socially, sooner or later find themselves drinking to drown their troubles or to escape boredom. But alcohol does not drown troubles; it merely drowns the "trouble shooter," the brain; it adds to the troubles of the individual. He has "hangovers" from which to recover; he neglects his diet, becomes starved for vitamins; spends money that might really help him solve his problems and give him a richer life.—JOHN L. C. GOFFIN, M. D., *Health Educational Journal*, Los Angeles.

* *

A Post-War Problem

For some time after the conclusion of the war many ex-service men will seek in alcohol escape from a world with which they imagine they are out of tune, or they will drink

too much, simply because they are bored by the necessary adjustment from a more exciting manner of living, or because they miss that rare sense of comradeship that often is the best part of life in the service. For a time their drinking, even if they are potential alcoholics, may not cause them trouble.

Then the inevitable debacle will occur. A certain percentage, probably a much larger percentage than in the case of the same number of men who have not undertaken the nerve racking experiences of modern warfare, will find themselves getting out of control.—An Ex-service A. A., *Grapevine*, publication of Alcoholics Anonymous, Sept. '45.

Vicious Circle

The various reasons "Why Men Drink" seem to form a circle, about as follows:

1. Because of social pressure; inability to resist an invitation to drink.

2. To enhance sociability; it removes inhibitions, it makes for social ease and freedom by releasing the brakes.

3. To escape worry, fatigue, frustration; dulling of critical faculties, release from pressure and strain.

4. To get a feeling of status; being blind to realities one may "feel like a million."

5. To satisfy a growing appetite, desires for escape and status continue; satisfying these desires by means of the drug alcohol becomes a habit. If carried to the point of addiction mental disturbances result. Thus another and imperative reason for indulgence has been added.

We have had THE INTERNATIONAL STUDENT presented to our school for five years. We have found it very helpful . . . especially for themes, essays and orations. It is available for both classroom and library. We value very much having it for our educational work.—S. S. NISBET, Superintendent, Fremont Public Schools, Mich.

By and large over the years, both penology and medicine have failed to profit actively from the lessons learned from drunkenness. Arrests for drunkenness have continued at a level consistent with the availability of beverage alcohol.—*Report, Special Commission to Investigate the Problem of Drunkenness in Mass., March, '45.*

ALCOHOL ENJOYS a positive social acceptance that morphine, for instance, does not. Not only is alcohol accepted, but the dominant cultural pattern even tends to encourage its use. Moreover, it is the only drug which is extensively advertised and openly sold. It is the product of a great industry with millions of dollars to spend in promoting its use and fighting attempts to curb its sale. — *The Bulletin*, Research Council on Problems of Alcohol, Nov. '44.

By-Products

Such situations as the following are repeatedly being referred to us in complaints from citizens, church, civic and welfare groups and public departments and through investigations on our own initiative.

Investigations: In L's tavern we found 15 or 16 year old girls drinking and making contacts with men and boys.

N's tavern is a rendezvous for teen age girls and boys who meet, drink and dance in the back room. Some girls who have been taken into custody for sex offenses met the boys and drank with them there.

S's tavern caters to very young girls and under-age sailors; the place is used by these young people for making contacts for immoral purposes.

Minor girls are carried out of W's tavern drunk and put in cars; a shockingly disreputable place. The police reply to us that they can find no violations.

After many complaints to the police the owner of B's tavern had his license revoked for selling to minors. The License Appeal Commission restored the license after hearing two minors testify that they had been drinking there for several months. —Report, WALTER O. CROMWELL, Chicago Juvenile Protective Assn., Apr. 3, '45.

The traits exhibited by the alcoholic are in the direction of the egocentricity that so strongly characterizes the child. The alcoholic may be thought of as a child and may best be handled as a child.—HOWARD W. HAGGARD, M.D., Yale University.



COLLEGE OF TECHNOLOGY
Stockholm, Sweden

A Modern Approach to the Problem of Alcohol An Outlook of Today

A MONOGRAPH that "keeps healthful, natural living to the front as the best that life has to offer"; that regards "short-cut satisfactions afforded by alcohol as unnatural"; that seeks to utilize in education "the matured and tested knowledge now available"; that recognizes the alcoholic as "a sick man," and seeks to identify the distribution centers of that sickness; that discusses the "voluntary choice of an attitude that accords with the 'natural way of life,'" as the part that responsible citizens, with a sense of social concern, prefer to take.

The Monograph suggests, also, a new comprehensive approach as a foundation of new programs of constructive effort.

FREE — to teachers and student leaders — ONE COPY ONLY to each inquirer; give name of college or school.

Address: THE INTERNATIONAL STUDENT, 12 N. Third St., Room 408, COLUMBUS 15, OHIO.

APRIL
1946

THE
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STUDENT

OF LIQUOR IN LIFE TODAY

In This Number - -

New Leadership in Alcohol Education
Tension and Its Release
Seeking a Modern Understanding
Proposing an Educational Program
Liquor Problems of Today

State College,
San Jose, Calif.



Democracy
is something
deeper than
Liberty; it is
Responsibility"

THE INTERNATIONAL STUDENT

APRIL, 1946

Vol. XLIII, No. 5

HARRY S. WARNER, *Editor*

UNDER WAR-TIME conditions, homes are broken up and our young people are flung out into altogether abnormal conditions; 'drink', at such times, even in small quantities, takes *just that edge* off intelligent conscientious control which is necessary if fundamental desires are to be balanced and adjusted.

But apart from war conditions, and apart from specially distorted home life, the root of the trouble and the menace to national well-being is alcohol. There is still a supreme need for education as to the primary incontrovertible action of alcohol as a narcotic, impairing first the highest levels of mental power—self control and inhibition.—COURTENAY C. WEEKS, M.R. C.S., L.R.C.P., London, England; Surgeon in the first World War, Minister in the Established Church, scientific writer, lecturer in schools, colleges and universities of Great Britain.

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NEW LEADERSHIP IN ALCOHOL EDUCATION

A TREND toward assuming *leadership* in educational activities on the Beverage Alcohol and its related social problems, seems to have had a decisive beginning, in the past five years: that is, the part now being taken by high-standing and responsible educators, colleges and universities. This new movement is clearly increasing—adding an educational dignity and scientific background, in school, college, community and nation to instruction and discussion of the problem of alcohol in modern life. It is, perhaps, the most significant development in education in this field in fifty years.

The most recent indication of this growing interest and activity, was a three-day institute, in March, at the University of Minnesota; the most outstanding, is the Summer School of Alcohol Studies at Yale University, a substantial graduate course, the fourth annual session of which is announced to begin July 7, 1946; the most unique, perhaps, was the Forum-Conference, a year ago, at Ohio State University in which the State Board of Education, four departments of the University, Sociology, Education, Medicine and Social Administration the University Religious Council and Ohio colleges sponsored a program that specialized in Yale University experts. But these events have followed certain less spectacular educational work that was begun in the colleges several years earlier and that has been going on continuously for five to six years.

Four new types of high-standing educational leadership have now been developed: (1) Instruction in regular courses in college classes; (2) Highly specialized research and a graduate school for leaders, such as the Yale School represents; (3) One to five-day Conferences and Community Institutes in university centers and as a part of church, civic and other

DRINKING AT ANY time, even for the social, controlled drinker who can stop at will, always leads to a temporary relaxation of judgment, discretion, and control. We do not need scientific research to acquaint us with this fact—ROBERT V. SELINGER, M.D., *Journal of the American Medical Assn.*, 1945.

conventions; (4) Establishment of a Director and Division in State Boards of Education for supervision of state programs of education on Alcohol and Health in the schools of these states.

Instruction in Colleges

In addition to the attention that is given to the problems of beverage alcohol in the various courses, in which it naturally occurs, by instructors in Sociology, Biology, Psychology, Health, Economics, Government and other departments, particular emphasis, largely for the purpose of helping to prepare teachers and social-welfare workers, has been given in an increasing number of colleges in recent years. These courses, directly and indirectly, have given college students a background of recent knowledge that will aid them, as citizens and leaders in many fields, to take an intelligent and effective part in community efforts toward removal of alcoholism and further solution of the problem.

Among the colleges which have conducted courses regularly for six years or more, are Cornell College, Mt. Vernon, Iowa, Prof. Albion Roy King, and San Jose State College, San Jose, California. Typical of the work done continuously in the latter, a state college for teachers, is the course offered by Dr. Oscar L. Brauer, Professor of Physics and Chemistry. Well-established in its seventh year, the 1945 class enrolled twenty-three, covered briefly the whole field of the problem, and gave a three-quarters unit credit. "The students take great interest in the subject," writes the instructor, "and express themselves as appreciating the great need of such a course." Similar reports come from many of the twenty or more colleges where courses have been given recently.

Colleges Offering Courses

Classes with regular standing and credit for work done, have been conducted in the past five years, for one year or more, or continuously, in the following colleges:

Alabama College, Montevallo, Ala.
State Teachers' College, San Jose, Calif.
University of Redlands, Redlands, Calif.
State College of Education, Greeley, Colo.
Stetson University, De Land, Fla.
University of Fla., Gainesville, Fla.
University of Miami, Miami, Fla.
Fla. A. and M. College, Tallahassee, Fla.
Fla. Southern College, Winter Park, Fla.
Wheaton College, Wheaton, Ill.
Ind. State Teachers College, Terre Haute, Ind.
Cornell College, Mt. Vernon, Iowa.
Delta State Teachers College, Cleveland, Miss.
Jackson College, Jackson, Miss.
Millsaps College, Jackson, Miss.
Newberry College, Rock Hill, S. C.
State Teachers College, Minot, N. D.
State Teachers College, Valley City, N. D.
Benedict-Allen College, Columbia, S. C.
Winthrop College, Rock, Hill, S. C.
Alderson-Broadbush College, Philippi, W. Va.

State Supervision

Five states now have sub-departments in their State Boards of Education, devoted to health and the alcohol problems, with full-time Directors in charge to supervise state-wide educational programs in the schools. They are Ohio, Idaho, Mississippi, Florida and South Carolina. In each, material and teaching programs, designed for that state, are provided and widely used; in each, the state director and associates speak constantly, conduct forums and conferences with teachers, in the schools and country conventions of educators.

Never before in this country—or any other—have those who seek solution of the beverage alcohol problem received such high cooperation from the leaders in college, university and state education. The movement thus gains new dignity and recognition as one that is widely sociological, as well as humanly vital and imperative.

THERE IS no more preventable disease in the world than alcoholism. — HAVEN EMERSON, M. D.

ALCOHOL WORKS its deadliest havoc with the human spirit in the crises of life. We always live in the face of crisis, and in one sense the project of education, especially religious and moral education, may be characterized as preparation for crises.

—ALBION ROY KING, *The Psychology of Drunkenness.*

TENSION, AND ITS RELEASE

by **DR. E. M. JELLINEK, D. Sc.**

A GREAT VARIETY of circumstances—anxiety, fear, frustration, suppressed aggression—even in primitive society, generate tension; and ways must be found to reduce tension, that life may be made tolerable. From this situation come two problems: 1-To eliminate conditions which create tensions; 2-To find release for tensions, including appropriate forms of release, and control of the degree of release.

The tendency of human beings is to find the easiest available means to release. Alcohol has to do with the reduction of the tensions. It is easily accessible, practically automatic, and it does not call for any intellectual participation on the part of the person seeking release. It brings about reduction of tension by its action in depressing the functions of the brain, releasing inhibitions. But it is this form of release from inhibitions that causes all the mischief.

The ethical standards of religion are a powerful factor in counteracting undersirable forms of release from tension. The most powerful, the most justifiable, the most noble and perfect release is that of religion. But it is one thing to find one's relation to one's Maker, to put trust in Him, to follow His guidance, and to do one's own part; it is quite another thing to use religion as a crutch, to expect to have every action brought about without one's own contribution, to take refuge in formalism. That is not healthy religion.

Dr. E. M. Jellinek is Director of the Yale School of Alcohol Studies. This quotation is an excerpt from a lecture at the Summer School of 1944.

SEEKING A MODERN UNDERSTANDING

FOR THIRTEEN years The *Intercollegiate Association* for Study of the Alcohol Problem has been promoting, through The INTERNATIONAL STUDENT and other publications, a greatly enlarged share in educational leadership, by college and other educators, in activities of their own toward understanding and solution of Beverage Alcohol problems. For this approach would tend greatly to encourage the popular use of the best that scientific knowledge has to offer, remove the movement from mere emotionalism and add a sense of hard realism to the serious task of removing alcoholism from American life and culture.

That vision is now *coming into reality*. The increasing attention that university, college and public school educators are giving the problem, this year, is most encouraging.

Present Situation

And greatly are the services of such leadership needed by the nation in this post-war period. For, confused by the contradictions and controversies connected heretofore with the liquor problem; the recent sweep of a revived social approval; the influence of high society over the masses who follow prestige without thinking; the pleasure of "the kick" to be obtained in successive steps of drink-satisfaction; the attractions of the social glass; the ease and freedom from restraint of the toxic hour and the force of trade-promotion and advertising in the creating and establishing of life-habits and customs, on the one hand, and on the other, by the needless deaths in auto traffic after drinking, the drinking and drunkenness of youth, the heavy increase of drinking among women, the results of the "hang-over" in factory and war-service, the constant tendency of "drink" to run into excess, the impossibility of *determining what "excess" is*, the ever-growing number of addicts and the burden of caring for them, many realistic people may now be expected to welcome

a more inclusive educational program on this problem than has been possible in many years.

Initial Promotion

For, thirteen years ago, October 1933, long before the remarkable, new activities now going on in great university centers, in colleges and state boards of education, an editorial in the INTERNATIONAL STUDENT, said:

"The time is ripe for a new approach in this whole complicated struggle against alcoholic drink in modern society; for one that will seek to bring out what it is all about; that is more scientific, more factual, more free to *face all the interests* involved than any that has preceded it in the century or more of temperance education in this country.

"It is time for education that is education, not propaganda; for vigorous, far-reaching, abundant education at that . . . It is time for a program and leadership that are based on a wider knowledge of the scientific information that is now available.

"In such an undertaking who may better lead than the colleges of the country . . . the men and women who stand for education and make it vital in the current life of the nation? . . . Who know better how to bring together the contributions of many minds into group thinking, into intelligent public opinion? Why should not the educators of this country, each from the viewpoint of his special field, lead the thinking and discussion of this age-old problem, by democratic process, into positive attitudes and constructive action?"

Advance With New Confidence

No other group in our national life can more naturally give leadership in supporting scientific standards, in a problem of such controversy as liquor, as can the educators in our higher schools of learning. None can more readily gain the confidence of different groups sufficient to open the way to larger coöperation.

Where else can the knowledge, the technique, the experience in organizing and leading educational activities be found on the scale required throughout the nation if real progress

(Continued on Page 140)

PROPOSING AN EDUCATIONAL PROGRAM

by BEN H. SPENCE

IN VIEW of the *community conditions* which Youth face on graduation from school, these days, there is an urgent need that they should have imparted to them, to the fullest possible extent, accurate and scientific information as to the influence of the drug, alcohol, in alcoholic beverages, upon human life, efficiency and conduct.

This instruction must not be perfunctory, but complete, meaningful and practical. Information as to the physiological effects of alcohol is but a beginning; the psychological effects, due to the action of the drug upon the brain, upon human efficiency, industrial production, mechanical skills and mental development, should be included. Also, the sociological aspects of the question: the relation of alcoholic beverages to public health, to social diseases, insanity, crime and indigence.

All Age Groups

The field of knowledge to be attained, is wide; the safeguards of knowledge to be erected cannot be completed within the limits of three or four of the twelve grades in the schools. The curriculum should include graded lessons suitable for each age group, from the beginning of school life to graduation, if the work of preparation for life in facing this problem is to be adequate.

Further, if teaching is to be effective, both as to matter taught and method of instruction, the students in our Normal Schools should be as thoroughly prepared regarding this subject as they are to teach any other subject in the curriculum.

By systematic, careful building up of informed and prepared minds in the lower grades, a foundation will be laid for the impartation of the more envolved yet invaluable truths as to the effect of alcohol upon human conduct and social behavior, which can then be effectively impressed in the later years.

CONDENSED from a brief to the Department of Education, Province of Alberta, Canada, by Mr. Ben H. Spence, Edmonton, Secretary, Associated Temperance Forces of Alberta.

Children so instructed will be better able to meet the challenge of any drinking environment which they may be later called upon to face. The answer to the beguilement of social custom, drinking companions, and drinking places, lies in the cultivation of well informed minds and habits of independent thought early in life.

Regular Teaching Staff

No one else is in so favorable a position to give the truthful story about alcohol and alcoholic beverages as are the men and women of our teaching staffs, providing they are properly equipped. Nor can any environment be found better calculated to ensure a favorable reception to the truth than is the classroom.

Moreover, this is the function of teachers: when they have done their full duty in this regard, the young lives who pass through their hands will be immune from the evils which later they will be called upon to face.

Indeed, it might be said that it is disloyal to the interests of the children of our country to permit them to leave school, where they have been informed in regard to almost every other matter that will be of use to them in after-life, yet are not given an understanding of the implications to them and to society of the alcohol problem.

The physical training which they have had, the organized play and exercise, is, as Dr. Haven Emerson says, "A farce without self-control, judgment, discretion—three qualities of mind that first of all are dulled and made incompetent by alcohol."

Dr. Emerson pointedly asks, "How can we reconcile our increasing program of sex education, personal hygiene and avoidance of preventable disease with implied or actual indifference to alcohol which is responsible for more syphilis and gonorrhoea in the Youth of both sexes, whose sober intentions would be to avoid extra-marital sex exposure, than any other cause? For alcohol and prostitution are inseparable commercial partners the world over."

Teaching Emphases

Children should be taught that precision, alertness, endurance, competence of mind and body, on the part of the citizen,

are essential in the preservation of our form of government and the development of a stable society as well as being prerequisite for industrial efficiency.

Indeed, it is an act of patriotism to inculcate the truth that tolerance of alcohol dulls the mind, slows the body, weakens the constitution, makes it more vulnerable to disease, and lowers the quality of human life.

Again, says Dr. Emerson, "It is for us who are trustees or interpreters of the facts assembled by our predecessors and the sciences of today, to make sure that no honest truth concerning such hazards and handicaps to life as alcohol is withheld in the teaching of the children whom it is our privilege to travel with for most of the formative years of their lives.

"The question we can help them answer, is, whether life is better worth living with a body and mind free for their most capable expression, or in a state of intermittent narcosis in which depression of the mind makes inferior the quality of human understanding and behavior."

Let us not blame Youth for that for which Age is responsible.

Older-Younger Generation

Community conditions which Youth confronts as it goes out into life are not of its own creation. Youth had no part in their establishment. Upon the older generation alone must rest accountability for these conditions, whether they be good or bad.

The older generation determines the educational system which fits Youth for life under these community conditions. The devising and administration of this whole educational set-up is the work and responsibility of the older generation. Thus, even for effectiveness in the training of Youth, Youth itself is not answerable. The older generation is.

An obligation, therefore, devolves upon the older generation to see that Youth is efficiently equipped, physically, mentally and spiritually to discharge the duties which will be required, and to make the most of the opportunities afforded in the new world framed for it, into which it must enter.

Neither can we ignore the place that example fills in education. There should be recognition that for the older generation

to teach the newer the evil effects of alcohol, then to persist in using themselves that which they warn Youth against, is to make all their high-sounding precepts ineffective.

We submit, therefore, that in the curricula of our public, high, and normal schools adequate provision should be made for scientific temperance instruction; that included in the program of visual education should be suitable slides, picturoles and films; that all shall be so harmoniously co-ordinated that the Youth of Alberta will not be unprepared for life as they will have to face it.

We should see to it that through our educational system there will be built up in our rising generation a resistance to the things that are hurtful and a capacity for achievement of things worth while which will enable them to make the greatest possible success of their lives.

That thus, the future of this Province will be safe in the hands of its coming citizens, and we shall move steadily forward toward the uplands of a nobler civilization.

SEEKING A MODERN UNDERSTANDING

(Continued from Page 136)

is to be expected? Surely, programs of action can no longer be left entirely to the reformer, the propagandist, the legislator, the politician, in so great a social movement as that of the alcohol problem. Surely it is time for those who represent advanced education in the eyes of the public, to apply to this problem, in one or several of its manifestations, the aggressive types of thinking and speaking and writing that they are giving to a hundred other great activities of the nation.

Future Objective

With high confidence, therefore, in the power of education and of experienced educational leadership. may we not set up as a guiding ideal and objective, the restoration of the natural, non-alcoholic 'Way of Life' to American culture, as the most *healthful, natural and realistic* course of the future.

EDUCATION THE ANSWER

by JOHN L. C. GOFFIN M.D.

CIVILIZED SOCIETY can take no pride in the fact that it allows so many of its members to debauch themselves with a powerful drug.

Not only does society allow this to happen, it actually encourages indulgence in alcohol by making it easily accessible to everyone and by surrounding its use with practically no safeguards. The public does not demand alcohol be controlled as other powerful narcotics are controlled. Yet alcohol does more harm, individually and socially, than all the other narcotics combined. Other drugs purchasable by the public are labeled as to contents, possible harmful effects, over-dosage, and so on. But alcohol masquerades as an innocent and beneficial beverage.

Spread of the Custom

The statistics are staggering. Two million four hundred thousand inebriates in the United States and of this number 600,000 are chronic alcoholics according to figures by Benson Y. Landis, lecturer in the department of Applied Physiology, Yale University. More than 20 gallons of alcoholic beverages consumed per capita last year (Department of Commerce report, January 17, 1945). More than seven billion dollars a year or \$54 per capita, worse than wasted, last year for liquor. Three times as much spent for alcohol as for elementary and high school education. From 10 to 25 per cent of crime, divorce, broken homes, insanity, suicides, and accidental deaths caused directly or indirectly by alcohol. Consumption of alcohol increasing, especially among women and youth.

A Social Problem

Here then is a social problem of significant proportions. It is a grave public health problem. What's the answer? What is being done? Some research on the effects of alcohol and on how to cure alcoholism. but far less than on other public health problems. "One million for cancer research," reports the Re-

Dr. John L. C. Goffin is Supervisor of Health Education in the Los Angeles, Calif., Public Schools. This article is from *The Union Signal*, Evanston, Ill., Sept. 1, '45.

serach Council on Problems of Alcohol, "twelve million for control of gonorrhea and syphilis, 330 million for tuberculosis control, and probably less than \$100,000 for research on alcoholism."

What is being done in education? Numerous reports from all parts of the country say that teaching on the subject in schools is perfunctory, confused, inadequate, or non-existent. Teachers are not well trained, textbooks are inaccurate, and often have the wrong approach. In other words, not enough people consider the problem serious enough to insist on education doing its duty.

Yet education is our only hope. There is no other way to conquer this ancient enemy of man. The schools and colleges must inform themselves concerning alcohol and the problems it poses. They must teach young people the facts revealed by medical research. They must impress on the mind of youth that alcohol is a dangerous drug, best left strictly alone.

The ancient error that alcohol is a stimulant dies hard. It is difficult to convince one who knows nothing of the physiological chemistry involved that the mad capers of the intoxicated person are the result of narcosis. The average person is not afraid of a stimulant—he *is* afraid of a narcotic.

When one considers the enormous sums spent on teaching people to drink and compares this vast organized effort with the Lilliputian endeavors of the public schools to combat such efforts, he realizes the magnitude of the problem.

Can Schools Do the Job?

If the schools did an effective job of education about alcohol, would that solve the problem? Probably not, completely. Out from the schools would still go large numbers of unstable individuals, poorly adjusted to life, who would demand an escape from their frustrations, fixations, and phobias. And alcohol constitutes the quickest, cheapest, and most easily accessible escape.

Can education do anything about this? I believe it can. *First*, it can train young people to find less destructive avenues of escape. It can even divert their energies into constructive escape channels. *Second*, it can educate for mental and emotional stability. Much evidence is accumulating that neurotics

(Continued on Page 151)

LIQUOR PROBLEMS OF TODAY

A Contribution to Analysis

By **HARRY S. WARNER,**

THE QUESTIONING that constantly arises among observant people, wherever and whenever the custom of seeking ease and pleasure in beverage alcohol prevails, is not of recent, but of very ancient origin. Long before any definite personal or social "problem" connected with it became clear, indications of grave uncertainty as to drunkenness and the experiences that followed it were marked. Both the desire for and the results of alcohol have been criticized vigorously by writers, philosophers and religious leaders, in position to observe objectively, all through human history.

But during many years, as today, different men have been noting different aspects of alcohol in human welfare; at different periods and to one group certain aspects have stood out as dominant or representative; at other periods and to other groups, other aspects constituted *the problem*. As with "the men of Hindustan who went to see the elephant" "though all of them were blind," the point of contact first grasped, and thus understood, has given to each the character and meaning that he had, or cared to have, of alcohol and alcoholic culture.

Many View Points

The social drinker in his club or home of wealth, the lone addict with his bottle, the business group at the bar, the young girl taking "her first" with friends in the cocktail room, the roistering gang at the roadside inn, the momentary fellowship of the down-and-out in the "hooch joint," the crusader seeking reform, the police officer and the judge, struggling with the drunk from the too-open saloon, the grafting politician, the scientist searching for causes and processes in disordered emotions and nerve centers, the psychologist asking "Why men drink?", the average drinker seeking the line of distinction between "enough" and "too much," and the citizen pay-

ing the public costs with his tax bill, each has a "liquor problem" of his own—and a philosophy and technique for handling—or ignoring—it and parts of it. For each his own viewpoint seems to embody the main, or the whole, truth that has significance; and each of these particular problems has been proclaimed as *the* alcohol problem.

Yet no one of these understandings when standing alone is sufficient to give an adequate or accurate picture of beverage alcohol and its complications in everyday life. A wider view that includes the essential truth in each, and that relates the whole to other aspects of health and happiness, is necessary, if the place of each specific problem is to be properly understood.

Unsolved Problems

Much basic knowledge has been acquired by scientific research, practical experience and keen observation, in recent years, including a better understanding of the human needs and motives to which alcohol responds. But also much is yet unknown, or not clear, or in dispute. These unsolved, or partly unsolved, questions constitute "the kind of questions that make up the Problem of Alcohol," as the compiler of "The Problems of Alcohol" indicates largely from the viewpoint of the physiologist with interest in the inebriate, why he is what he is, his prevention and cure. Among all these, and other phases that range yet more widely, the search for understanding and truth should go on now more persistently than ever—and more hopefully, today, than heretofore.

Among the unsolved problems that are now outstanding are the following:

Alcoholic Illness

(1) *Alcoholism* in the sense that it is an urgent desire for and indulgence in alcoholic intoxication, is a very great personal and social problem. To men of modern scientific mind, it is a form of mental illness that requires specialized attention and care. It has been compared to those great scourges of health, "tuberculosis, cancer, syphilis, mental disease, and infantile paralysis" by Dr. Winfred Overholser, but without the intelligent medical attention that these are receiving. The sources of alcoholism, the conditions under which

it grows and spreads, are partly known, partly unknown or unrecognized, though great progress in tracing them has been made in recent years. Treatment of the disease by medical men, psychiatrists, and other specialists is increasingly effective; it can be cured and is being cured. But the problem of preventing its occurrence has not been adequately considered. To the psychologist, the psychiatrist, the average physician, the policeman and the courts, the "alcoholics anonymous" who effectively reconstruct the personal lives of many heavy drinkers, the dominant alcohol problem continues to be the treatment and cure of the victims of excess. And that, after all, is their special job.

Those Most Affected

(2) The *traits of personality* that permit or result in heavy drinking, and the reactions of community and social surroundings to these traits, are only partially known. Who has them? Who does not? Is anyone, or are many, free from them? And if so, do such individuals remain impervious to alcohol through the conflicts and tragedies of life? Are the traits of him who easily becomes alcoholic, valuable to him in the absence of liquor? Of creative and social value, if guided into constructive, instead of narcotic, forms of expression.

Beginning of the Illness

(3) The *initiating of alcoholic desires* and the satisfactions that develop into alcoholism may well be compared, as a public health problem, with the starting, infecting and spreading of the germs and means to infection of other great scourges that produce physical and mental illness. The origin, spread and means of prevention of typhoid, tuberculosis, diphtheria, syphilis, have been surveyed, analyzed and given much public educational attention. The control of tuberculosis is now well under way; the reduction that has taken place in the prevalence of many diseases that at one time were believed to be incurable is a miracle of modern preventive medicine. But the creating of conditions, social philosophies and popular understandings under which youth may grow to maturity—a generation may come into existence—without furnishing their historic quota of alcoholics, addicts, and ordinary drunks in super-abundant numbers, remains a severe and realistic social problem.

The Urge for Alcohol

(4) The *prestige and tradition* of social drink, by preserving and approving the conditions under which "those who are susceptible" to alcoholic excess, are initiated into life-approvals and habits that make them ready victims, is a vital and most difficult alcohol problem. The quiet but persistent suggestion of family and group tradition, and the positive lead of "the higher-ups" can not but open the way, with high approval, to the growth of desires that, to many whose nervous make-up is not as perfect as it might be, gradually or rapidly become too strong for them. This powerful factor in the spread of narcotic desires—even habits of "excess"—is too often overlooked, too easily minimized. The cultural traditions of the past and the customs of today, that accept narcotic indulgence as socially necessary, may well be examined in the light of modern social psychology and research. The problem of social responsibility of those in positions of influence cannot be omitted from the critical problems of alcohol.

Intensifying the Urge

(5) The *exploitation for economic gain of the "kinks"* in human immaturity, susceptibility and weakness is a gigantic problem of alcohol—the exploiting for profit of the results of unhappy childhood, "too much mothering, or too little," disordered nerves inherited or acquired, inner emotional conflicts, alcoholic "allergy," the crises of life, thwarted desires and ambitions, the minor ills and tragedies of daily living. To uncover, to cultivate, to intensify and to gratify these *sources of urge for alcoholic relief has become*, under modern advertising and propaganda, a source of almost unlimited profits; one that tends to become permanent; one that may be increased in proportion to the extent of its promotion. Such commercializing of substitute, narcotic satisfactions, in place of those that nature intended and that sane experience shows to be constructive to human need, constitutes one of the biggest of all the problems of alcoholism. No list that is realistic of the situation can overlook it.

Social Group Influences

(6) The *pressure of the group*, often unconsciously exerted, is strong on immature—and many mature—lives. The desire to be like others, especially *not to be different*, to imi-

tate, and thereby to identify one's self with those around, or with those "above" in social standing, is a factor in creating and accentuating trends toward frequent and heavy drinking. It operates most directly on young people who have not previously experienced alcoholic sensations, upon those who are most susceptible to ill effects or lasting habits—the timid and ill-at-ease, the self-centered egotist, the "problem child" grown to where he must stand on his own feet, the self-conscious, the super-sensitive, the "inferior" in age, rank, or sophisticated understanding of "the world." So to organize the practices and customs of social entertaining as to remove the pressure of small-group culture from initiating and deepening dangerous tendencies in the life-habits of the millions who feel "inferior"—and *who does not* at times—is a liquor problem so great as to suggest the ancient story of him who attempted to sweep back the ocean waves with a broom.

The Personal Question

(7) "*To Drink or Not to Drink*," is a problem that most individuals will want to decide for themselves, in view of their own traits and social position. But that decision is not easy to make. To do it intelligently calls for an understanding, a degree of dependable knowledge, a freedom to act in accord with knowledge that few, if any, possess at the time the decision has to be made. Further, it requires a desire to make the decision and to abide by it. For no one starts out to become a drunkard, much less an addict; few, indeed, anticipate becoming heavy drinkers. Yet all alcoholics start as moderationists; without alcohol drunkards never occur. Many drinkers, of course, continue moderate in their use for years, or through life with no more injury *to themselves* than they are ready to accept. But also many become heavy drinkers; some always in every group and every generation become tragic victims. "Shall I?" The *eternal* problem that alcohol presents to youth.

(8) Teach men to *drink moderately*, is a problem of educational procedure. But it is complicated by two other questions: (a) Who is to be taught? (b) What is "moderate drinking"?

As to the direction educational effort is to take, is it to be among growing youth, the non-drinking groups, those yet un-

initiated to the peculiar attractions of narcotic desire? If so, another question, "Why?" "What is to be gained?" "*Who* is to gain?" But if the teaching is to be among those now immoderate, or tending that way in their use, a very different answer must be expected. For "the serious problem one has to face," as Dr. A. C. Ivy, Northwestern University Medical School, says, "is to drink or not to drink in moderation, since no one desires to become a chronic alcoholic or a drunkard."

What Is Moderate Use?

(9) But *what is moderate use* of beverage alcohol? This is a problem to which research has not as yet given answer. The distinction between moderate and excessive use is indefinite, practically unknown, to experts; much less can it be known to him who is experiencing the feelings of successive stages of intoxicated delight. It has been found that what is moderation for one, is excess for another; that amounts that have little effect if taken with a meal, have greater effect when taken alone; that rapidity or leisure in drinking yield different results in degree; and especially that differences in personal make-up are basic factors as to the quickness or degree of intoxication. But it is also clear that one stage shades into another, that the pleasures and excitements of mild intoxication and the desire for what comes next, grow more enticing as the capacity of the drinker to discriminate, to judge what is happening, and the *desire to do so*, become confused and irresponsive to self-control. Any teaching of moderation, therefore, is itself a very uncertain matter.

How Evaluate Mild Intoxication?

(10) Are *mild stages* of mental and emotional satisfaction to be regarded as satisfactory substitutions for the recreation, natural self-expression, emotional release in music and games, that they replace in the lives of millions? Even the lives of many who themselves are free from alcohol "allergy" or personal deficiency? Or are such stages basically illusions? Obviously, the heavy states of intoxication yield no real satisfaction: But are the intermediate, moderate states of any higher quality?

(11) The question of "*normal*" or "*abnormal*" drinking:

But which is which? Can the seeking of alcoholic pleasure be normal? It is popular. It has majority approval and practice in certain groups in all countries and social strata. But do these facts make it normal? What is it to be normal?

(12) Do drinkers in the advanced stages of intoxication "*abuse liquor*"? Why the suggestion of abused innocence? Is its use so innocent of after-effects? Or does alcohol abuse men when too friendly to it and off-guard? Thus its friends in self-defense seek to pass on to stupid and ignorant drinkers an odium that they half-feel attaching to themselves. But the problem of use versus abuse is fundamental—not one of propaganda.

Problem of Solution

(13) The problem of *reducing causes and sources*. "Halt the Rum Traffic," says the red scare-head of a newspaper. "Drunken Driver Cases Increase," "Alcohol is the Enemy of the Army," "Forty Bootleggers Arrested," drunks fill the police courts, the hospitals, etc. This daily run of toxic horror stories reflects a public problem as realistic, although less vivid and appealing, as the run of casualties, "dead, wounded, missing," as they come from the battlefields of Europe. One of the series occurs in war-time, the other at all times. To seek, to relieve, to reduce, to remove causes is *the long-time, problem of alcohol problems*.

(14) "Pass a Law," Regulate, Control, Banish—the never-ending problem of procedure, necessary but related to particular parts of the whole program of dealing with alcohol in society. For to "banish the saloon" is something more than to change its name to "tavern." The place, the method of liquor distribution, legal or illegal, always and everywhere are difficult, often red-hot problems. With drinking customs established in social prestige and influence, the legal approach, if alone, is too simple, too subject to emotional reaction and repeal, before substantial results can be developed and demonstrated. It is a necessary but supplementary part of a more comprehensive program of procedure.

(15) *Know your limit*," and remember it when remembering counts. But to know "the danger line," in personal and group indulgence, and not to cross it, is a solution that for

vast numbers implies a power of self-control and strength of personality that does not exist. As a plan of conduct this admonition is theoretical and visionary, yet a constantly recurring question.

The Basic Problem

(16) The *popular resort* to anesthetic, rather than to natural means for relief, mitigation or removal of the irritations, inherited deficiencies, and the large or small ills of life, would seem to be basic among "the problems of alcohol." With other strong drugs prescription is generally regarded as a function of the doctors. But modern society, obviously, accepts and utilizes unlimited self-prescription of the anesthetic alcohol, without expert advice and often in spite of it. Alcohol has the driver's seat and "sits tight."

But neither in public health or constructive politics—certainly not in modern industry and business—are "the ways of doing things" fixed indefinitely by tradition and inherited custom. On the contrary, the patterns of practice in industry, agriculture, transportation and other fields, are continuously checked with tested experience and latest research. In the age of the airplane and radio, of speed and precision, the continuous resort to narcotic pleasure, as in savage days, is a crucial problem of alcoholism.

The Comprehensive Whole

The beverage alcohol problem is not only a composite of many different problems—it is a unit within itself. Its parts may be taken separately, but they must also be taken together. The only approach—and interpretation—of it that has no place in the picture, is the one that claims to be *the only one*; the plan for solution that claims to be "it" may be too narrow to make any constructive contribution. The psychiatrist who treats the addict, the psychologist who seeks motives, the ex-drinker who befriends the drunkards, the teacher of moderation to the immoderate, the experimenter in his laboratory, the teacher in school and college, the leader of public opinion, the abstainer, the temperance worker, the religious leader, the public official struggling with the difficulties of control and distribution, legal or illegal, the promoter of "dry" territory, the convinced prohibitionist, the doctor, the minister—all who

realistically reach one or many of the sources of alcoholic injury, have a real share in any program that is wide enough to comprehend *the whole job* to be done.

EDUCATION THE ANSWER

(Continued from Page 142)

and psychotics are oftener made than born, that most emotional twists have their genesis in childhood. The observant teacher, trained in the concepts of mental hygiene, often can correct these incipient deviations of the psyche and prevent much adult mal-adjustment.

A Generation that Knows

It is conceivable that a generation thoroughly conversant with the facts about alcohol would demand that this habit-forming narcotic be restricted to its legitimate purposes. An informed citizenry is not easily hoodwinked by specious propaganda. Only the innocent and the misinformed will willingly tolerate a public menace.

The challenge that beverage alcohol flings in the teeth of our civilization is one that education cannot continue to ignore. Sooner or later the issue will have to be faced realistically. With the threefold attack just outlined, the challenge can be met. The duty of the schools is clear: Teach the facts, unemotionally and scientifically; create the proper attitude; train young people to be well integrated personalities with constructive emotional patterns and a well-developed sense of social responsibility.

The battle will be long and hard. It will have to be fought continuously and unflaggingly. But with these objectives held tenaciously before it, the American people can win through to victory.

We have had THE INTERNATIONAL STUDENT presented to our school for five years. We have found it very helpful . . . especially for themes, essays and orations. It is available for both classroom and library. We value very much having it for our educational work.—S. S. NISBET, Superintendent, Fremont Public Schools, Mich.

THIS COUNTRY should have such great tasks toward reconstruction of the world that there will be no time for drink. You can make America sober only when you give all Americans such a huge task for reviving the world that the people will say they have no time to waste on the thing called liquor.

E. STANLEY JONES.

SUB-STANDARD INSURANCE RISKS

A news rumor, in August 1945, that leading life insurance companies in the United States were about to write insurance on bar-owners and bar-keepers at regular, instead of extremely heavy, rates brought out a decidedly negative answer from leading insurance companies. Underwriting practice has long classified tavern and saloon employees as sub-standard insurance risks charging them "up all the way from five to ten years." The replies to a survey of insurance companies declared the rumor completely without foundation, in such statements as the following:

"This company does not consider bar-owners and bar-tenders standard risks and insurance is not issued on their lives."

"We have been loath to accept them (bar-tenders) even with a rating."

"The person making this statement has either been misled or does not know what he is talking about."

"Bar-owners and bar-tenders do not qualify under our underwriting standards."

"We are now issuing proprietors of beer gardens, night clubs, which are primarily drinking places, at ratings from 150% to 175% . . . bar-tenders at a rating of 200% mortality."

"Insurance experience indicates that applicants engaged in these occupations show an increased mortality."—American Business Men's Foundation, Chicago, Ill.

SURVEY OF LIQUOR ADVERTISING

by R. H. MARTIN

THE WRITER has just completed an investigation of liquor advertising. In every case he has gone to non-propaganda sources for this information, for the most part to advertising agencies which have the most reliable figures on this subject. In some cases estimates had to be made, but they are on a conservative basis.

7 Distilleries Spent \$32,000,000 in Advertising Their Products in 1944

We have the following reliable figures of the advertising expense of these distilleries over 3 media—newspapers, national magazines and chain radio:

Seagrams Distillers Corp.	\$ 6,208,509
Schenley Distillers Corp.	6,030,564
National Distilleries Products Corp.	4,065,537
Hiram Walker, Gooderham & Worts	3,069,734
Continental Distilling Corp.	1,319,637
Park and Tilford	1,099,399
Glenmore Distilling Corp.	1,210,672

Total\$23,004,052

These companies advertised on other media than the above, including street cars and buses, electric signs, window and counter displays, billboards. Their billboard advertising amounted to \$3,000,000, according to the most reliable authority.

We estimate their advertising expense, over the other media, at \$6,000,000 which makes a total of \$32,004,052 for these 7 distilleries.

Forty-three other distilleries and 13 wineries each of which spent \$25,000 and upwards in advertising over the 3 media—newspapers, national magazines and chain radio expended over all advertising media for 1944 slightly over \$18,000,000.

Advertising Expense of 50 Distilleries and 13 Wineries

From a report by R. H. Martin, Pittsburg, Pa., Chairman of Committee on Liquor Advertising, at the annual meeting of The National Temperance Council, Washington, D.C., Jan. 16-17, 1946.

in 1944—\$50,000,000

Adding this to the expense of the above \$32,000,000 for the 7 big distilleries, we have 43 distilleries and 13 wineries, a total of \$50,000,000.

Advertising Expense of 79 Breweries in 1944—\$25,600,000

There are 59 breweries each of which spent \$25,000 and upwards in advertising their products over three media—newspapers, national magazines, chain radio—on which we have definite and reliable figures. Adding to these figures, our estimate of what they spent over an average of about 6 other media, the total is \$23,440,000.

The advertising *appropriation* of 20 other breweries totals \$2,200,000, which added to the above \$23,440,000, we have as the advertising expense of these 79 breweries for 1944 the sum of \$25,640,000.

Total Advertising Expense of 142 Distilleries, Wineries and Breweries

Bringing together the advertising expense of the above we have:

63 distilleries and wineries	\$50,000,000
79 breweries	25,640,000
Total	\$75,640,000

Advertising Expense Not Included in the Above

According to the Alcohol Tax Unit of the U. S. Government, as of Sept. 30, 1945, the number of establishments licensed to manufacture alcoholic beverages was:

Distilleries	142
Breweries	463
Wineries	865

Total1,470

The above \$75,640,000 was the advertising expense of only 142 of the above 1,470. This does not include the advertising expense of more than 1,300 smaller companies, enough to make the total at least \$100,000,000.

Nor is this all. There are over 400,000 wholesale and retail establishments. They, too, advertise—some of them rather extensively. The above figures do not take them into account.

CULT OF TOXIC CULTURE

*Seek the Truth
Come Whence It May
Lead Where It Will*

Changing Personality

WITHOUT SIGNS of *intoxication* in the full ordinary or legal sense of the term, the bearing and individual attitude of mind suffer temporary change as an effect of the drug (alcohol); those in contact with the person so affected have for the time being to deal with an altered individual, whose mind lacks temporarily its normal factor of judgment and conspicuous elements of its self control.—*Alcohol: Its Effects on the Human Organism*, Medical Advisory Committee of Great Britain.

* * *

Choose Your Slavery

"A chronic drunk who rolls in the gutter," says Dr. George W. Crane, Chicago Psychologist, "is simply a slave to his appetite for whisky," while the man who "pushes liquor aside" is "a slave to the good habit of not ingesting anything which lowers human intelligence, even temporarily."

And he shows how "the smart man" who chose his "good habit of abstinence," made "the practical test of intelligence" when he selected "wisely in youth those habits to which he largely became enslaved in adult years."—From *Columbus (Ohio) Citizen*, Sept. 12, '45.

* * *

"Why Do You Drink?"

"I really have no reason; its because its the customary thing to do." "For the fun of talking and being with friends who are drinking." "Mainly because its a social obligation. I can't stand the taste, but I drink it anyway." "To be sociable, I suppose. I never drank alone at home." "Its my birthday, today, and my friend is buying me a drink to celebrate. . . . Its a sort of custom to drink to a special occasion." "One

drink only to be sociable . . . If everyone else would drink soft drinks I'd enjoy joining them." "Its just a way of passing time."—Condensed from "Inquiring Camera Girl," *Chicago Tribune*, Apr. 20, '45.

* * *

Juvenile Delinquency

The key to juvenile drinking is found, first, in the tragic distortion of what should be a wholesome family; second, in the kind of community life which surrounds the disintegrating family. The real problem is neither alcoholism nor delinquency, but the eliminating of family and community causes."—LAURA LINDLEY, *The Voice*, Aug. '44.

* * *

Mis-Use Of Grain

That 45,000,000 persons could be saved from starvation with the grain that the American liquor industry will use during the first six months of 1946, is the opinion of Representative Jerry Voorhis, California, as expressed in an address in Washington, April 6, 1946. "That is a high price to pay for such utterly unnecessary production."

* * *

A Disservice

The effort of liquor dealers to persuade everybody, including those who would speedily become hard drinkers, to get busy and imbibe, is a direct disservice to the human race.—STRICKLAND GILLILAND, *Evening Star*, Washington, D. C., Dec. 8, '45.

* * *

Kitten or Tiger?

People drink alcoholic beverages for the sake of the alcoholic effects—and not much else. And ethyl alcohol is the same, whether made from grapes, barley, rice, raisins, or refuse, and has exactly the same effects on the human system.

This is a fact that few people know. since many believe that the alcohol in wine is a playful kitten compared with the tigerish alcohol in whisky. The wine alcohol is just a smaller dose of the same drug as that in "hard likker." The alcohol in beer is thought by many to be a food, but it is the same ethyl alcohol as that in the amber depths of whisky, C^2H^2-OH ,

chemically. physically, physiologically the same, a narcotic drug. There is as much alcohol in a 12-ounce glass of beer as there is in a one-ounce drink of whisky.—JOHN L. C. GOFFIN, M.D., *Health Education Journal*, Los Angeles, Calif.

* * *

A Disease

If alcoholism is a disease it is one of which science has found so far neither cause nor cure.—*The Grapevine*, organ of Alcoholics Anonymous, June, '45.

* * *

That Last High-Ball

It was that last "Here's How!" highball which led to more than a fifth of the auto accidents which landed Californians in emergency hospitals or morgues during 1945, according to statistics compiled by Dr. J. C. Geiger, public health director of San Francisco. He reports that 21½ per cent of accident victims were drunk on admission to hospitals!

The State-wide traffic toll for the year, 3677 killed and 63,086 injured, set a new all-time high, and brought the record for the last decade to a total of 30,405 killed and 541,711 injured!

It is unfortunate that factors created during the emergency years—faulty brakes and worn tires of aged autos, and congestion on war-battered highways in desperate need of repair—add to motoring hazards. Yet State Department of Motor Vehicle experts declare that now, as always, 98 per cent of highway mishaps are avoidable. Unsafe speeds, generally careless driving—and alcohol: these remain the unholy trio of highway tragedy.—*Calif. Feature Service*, San Francisco, Feb. 4, '46.

FREQUENCY OF EXCESS

ATENDENCY toward "too much" characterizes the habit of counting on alcohol for satisfaction. One drink leads to another; complete gratification seems always ahead, but increasing degrees of intoxication steadily decrease the desire and the ability to be moderate. This ever-onward "pull" has been facetiously expressed:

"One little drink makes me bigger and bolder;
Two little drinks make me wiser and bolder;
Three little drinks and the world's on my shoulder—
I'm master of all I see."

And who does not want to be "bigger," "bolder," "Master"—*always?*

To the heavy or frequent drinker, the urge for alcoholic satisfaction thus becomes a mental or physical disease, long before any need for restraint is evident or for the aid of a medical or psychiatric expert is recognized. The popular attitude that treats an intoxicated man and his antics as a joke is most unfortunate.

DOES ALCOHOL AID CREATIVE ABILITY?

by HARRY S. WARNER

THAT alcoholic intoxication, in some mystical fashion, gives freer play to creative mental activities, is an impression that has prevailed for ages. It is found especially among the followers of certain writers, poets, dramatists, and is freely expressed by some of these men of genius themselves. In other fields biographers of great leaders, men of public affairs, statesmen, philosophers, industrialists, have echoed similar opinions as to the drinking customs of their heroes.

Alcohol has seemed to be an effective means of releasing emotions and abilities that are finer, more valuable, more profound, or more brilliant than they would be without its aid. Men of genius have counted on it, have employed and praised it. By inference and imitation vast numbers of men of ordinary or lesser ability have turned to it without question as an aid to whatever they desire to be or to accomplish.

However, the idea and its literary ideology, in large part at least, are illusory, products of wishful thinking and subjective writing. Through all the story and history of great

literature and accomplishment, there has stood out another list of men of supreme ability whose creative activity has been clearly dissociated from wine and the wine cup; and yet others who have ever questioned its value, described its excesses, and won their fame in spite of it.

Even in the period of heaviest drinking in England, when the custom was well-nigh universal, the list of non-drinking writers was disproportionately great. Among these were Milton, Shelley, Wordsworth, Southey, Tennyson. In modern times Bernard Shaw says: "Alcohol knocks off the last inch of efficiency which, in all really fine work, makes the difference between first-rate and second-rate." Helmholtz, the great physicist, writes, "The smallest amount of alcohol scares off novel ideas." And Schiller, German poet, says, "Wine never invents anything." Behrens, art institute director, reported that after he quit drinking, "creative activity was more often present. Artistic intuitions were more regular and reliable."

It is not clear reasoning to infer that slumps in mental ability that transform an auto driver into a public menace on the highway will bring constructive aid to a thinker, a writer, an artist in the fine, creative work he seeks to do. And the scientific explanation is no longer in doubt.

The state of intoxication, increasingly, is a state of mental, emotional, and physical inferiority, brilliantly erratic though many of its devotees may be in its earlier stages.

Alcohol impairs constructive ability, rather than increases it. Depressing, as it does, the highest and most sensitive and complex of human capacities, the centers of man's intellectual and spiritual resources, it permits the lower and the more automatic to take control of the personality. The changes are marked in thought and conversation, in form of emotional expression, in receding self-control, in the replacing of self-observation and criticism by self-exploitation and exhibitionism, in displays of primary emotions, in confused mental processes, and in conduct inconsistent with the cultured character of the individual and his higher social standards.

Scientifically Haven Emerson sums up the results of many experiments: "Every test gave the same answer; the universal inferiority of human performance after the use of alcohol."

CORNERED BY A STUDENT IN PHYSIOLOGY LABORATORY

Alcohol gives a frank interview about himself, the definite, scientifically known facts, in popular style. The interview begins:

Youth: Mr. Alcohol, as a young American of sound body and mind, I am anxious to succeed, in school, athletics, and to become an honorable, dependable citizen when I am through school.

Alcohol: Why tell me this? Do you think I can help you?

Youth: I doubt it, yet I meet you in art, industry, and socially among friends. I hear much that is good, much that is bad. I'd like to know the truth.

Alcohol: Youth, you "put me on the spot." In the laboratory I have to tell the truth. Outside I hear so many flattering things I almost doubt my identity.

STATE TEACHERS COLLEGE,
CLEVELAND, MISS.

Youth: That is exactly what I want, the *facts*.

And that is what the 32-pages, delightfully written, bring to the student—and nothing else.

ALCOHOL TALKS TO YOUTH, by Howard E. Hamlin, Supervisor of Health and Narcotics, Ohio State Board of Education; Fellow, Yale School of Alcohol Studies; former Assistant Professor of Physiology, Ohio State University.

1945 Revised Edition; 25 cents; 6 copies, \$1.00. Intercollegiate Association, 12 N. Third St., Columbus 15, Ohio.



NOVEMBER
1946

THE
INTERNATIONAL



STUDENT

OF LIQUOR IN LIFE TODAY

In This Number - -

College Student and Alcohol.
Recreation or Tavern: Which?
Yale Continues Leadership.
Student Guest Editorial Contest.
Effects Chiefly Mental.
Lesser Degrees of Intoxication.
A Mechanism of Escape.

"Democracy
is something
deeper than
Liberty; it is
Responsibility"



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THE INTERNATIONAL STUDENT

NOVEMBER, 1946

VOL. 44, NO. 2

HARRY S. WARNER, *Editor*

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For Study of the Alcohol Problem.

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THE COLLEGE STUDENT AND ALCOHOL

By **WILLIAM J. FAULKNER**
Dean, Fisk University

Extreme Instances

IT WOULD BE easy to write of the football player who celebrates a victory by getting drunk, was suspended, perhaps caused his team to lose a championship and gave embarrassment to his college and friends. Or of the co-ed who, at an off-campus party, took a few social drinks, became "high", made a spectacle of herself and was deserted by her escort. But these are extreme cases, rare cases about which I will say little. For the average student will say, "So what?" They were stupid to get drunk; they should drink in moderation.

Average Drinking

This article has to do with that vast number of college students who drink "in moderation," who do not get drunk; who think it right and quite smart, if not "respectable" to take a cocktail, a highball, or even a straight whisky. It is this huge body of students who are being duped by high-powered liquor advertising and smart society that must be reached and made aware of the subtle dangers of alcohol. The school and society know how to treat the drunk, the extreme drinker—they soon put him out of circulation. But they are not impressing the moderate beer drinker or those who put a little "kick" in the punch to make the party "mellow." These are our best young people, from our Christian homes, who are cultivating new taste, and are gradually coming to look upon the imbibing of alcoholic beverages as being both stimulating and harmless. Thanks to clever liquor advertising, the example of the movies, and the complacency

Condensed from an article in *The Message Magazine*, Nashville, Tenn., Sept., '46; by permission. Dr. Faulkner is Dean of Fisk Memorial Chapel, at Fisk University.

of parents and teachers, the drinking of intoxicants has been lifted out of the realm of morals and is apparently now only a matter of manners and good taste. Alcohol, the deadener of mental acuteness, the destroyer of inner discipline and the poisoner of body and mind, has at last become "respectable." Liquor advertisers get the choicest spots in our newspapers and magazines; they vie with cigarettes and tobacco to display glamorous girls and well-dressed men at cocktail parties and hunting lodges. The result is that drinking is rapidly becoming as commonplace as smoking and is being accepted as equally harmless. Herein lies the crux of the student's dilemma and his undoing. Alcohol, the destroyer of character and efficiency, has become "respectable" in America. The best people are no longer ashamed or afraid of this demon.

Public Attitude Unhealthy

How did this happen—that alcohol the killer successfully invaded the American home, the colleges and choice places of recreation? How did it happen that a business that destroys nerves and contributes to frustration and human misery became a \$7,000,000,000 industry within the past decade? I have already indicated above that the attitude of the public has encouraged the most high-powered liquor advertising and propaganda campaign that this country has ever witnessed. The end is not yet in sight. If we, the parents, business men and women, ministers, teachers, social workers, doctors, and all public servants, as interested individuals do not take personal responsibilities to combat this vicious and false propaganda of organized liquor interests, our young people in and out of college will descend into graver habits of personal and social conduct. Leaders in the home, the church, and the schools must expose the dangers of alcohol; must curtail its popularity by revealing the scientific truth of its vicious effects upon physical health, mental efficiency, and moral character. American ignorance, and gullibility for clever sales talks, are the chief causes of our widespread drinking habits. Only the truth about liquor and the tremendous power behind the industry will check its inroads into the character of our people.

Scientific information regarding alcohol is summarized by Haven Emerson, M.D., recent Professor of Public Health Administration, Columbia University as follows:

Scientific Facts

1. Alcohol is not a stimulant. It is a depressant of the nerves.

2. Alcohol is a subtle and deadly habit-forming drug. Beverage alcohol, whether disguised as beer, wine, or whisky is a "narcotic, as are ether and chloroform. Alcohol has toxic or poisonous effects whenever used, these effects being chiefly if not exclusively due to action on the brain and other parts of the central nervous system . . . mild or severe, acute or chronic according to the amount of alcohol consumed."

3. As a food, alcohol has no value. It provides some surface heat, no vitamins, and is an expensive source of energy.

4. As a medicine, alcohol may be used as a sedative or a depressant, but not as a reliable stimulant for circulation, respiration, or digestion. Safer medicines are replacing alcohol.

5. Habitual users of alcohol are numerous, many becoming alcoholics who require medical and psychiatric treatment. It is estimated that there are 750,000 alcoholics in the United States and 2,250,000 on the way. Women alcoholics are steadily increasing in this country. (An alcoholic is one who has become physically ill from habitual drinking of alcohol and whose system demands more and more of the drug. He becomes a different personality from his former self and disintegrates into a slave to the thirst.)

6. The bodily functions are not improved by alcohol. Mental acuteness and accuracy of judgment are impaired, and in chronic alcoholics the brain cells may actually degenerate. No student is helped to proficiency of physical or intellectual performance by drinking the poison, whether in mild or large amounts.

7. Alcohol is the cause of various diseases, and is a contributing factor in others. From 10,000 to 12,000 alcoholic patients are given psychiatric treatment in the Bellevue Hospital (N.Y.) annually.

8. The effects of alcohol on the intellect are terrific: It dulls the mind, the intellect, the will, perception, memory, discrimination, judgment, even before appreciably affecting muscular functions. It attacks the higher faculties first and this affects a person's behavior. His area of inner discipline

or control is relaxed, and his conscience becomes dulled. Alcohol tends to reduce the man to an uninhibited animal level.

9. Alcohol is often the direct cause of crimes of violence, serious traffic accidents and violations. Fifteen to 45 per cent of all automobile street accidents are due to some degree of intoxication of drivers, according to police records.

10. Alcohol costs society a tremendous toll: "Society suffers from abnormal or psychopathic conduct . . . of users of alcohol." American families suffer from the diversion of several billion dollars to the purchase of intoxicating beverages, which might be better spent for housing, education, feeding of children, clothing, and wholesome recreation. Add to this the loss in illness, death, unemployment, accident, crime, and mental disease due to drink. We spend twice as much for alcoholic beverages as we do for all education in the United States, and get only misfortune and tragedy for our pains.

Intelligent Action as Remedy

Behind all this orgy of drinking, crime, and disregard for law or human life on the part of the general public stands the highly organized business of manufacturing and distributing beverage alcohol. Behind it stand the cleverest brains in the advertising and selling fields. The college student is but one small segment of its intended victims. As go the "best people" so go our college youngsters. The liquor interests are organized. Those who fight it must be just as highly organized if drinking is to be controlled.

"We need to understand the habits of women and the younger generation. Train your publicity to catch the eye and develop the interest of the younger generation. . . . Make youth liquor conscious. . . . Make it smart to drink wine. Teach American women to drink." These were slogans adopted at the March, 1935, convention of 49 leaders of the Wine and Liquor Industries in Chicago. And they are really making the younger generation liquor conscious.

Yale Charting a Way

It is high time that college presidents, deans, professors, and counselors organize their forces in a scientific attack on this major evil in our society. They must cooperate with the

(Continued on Page 44)

RECREATION OR TAVERN: WHICH?

By **ROBERT C. BOOTHE**

FIRST THE HOME as the *unit of society* should set the pattern in forms of recreation, letting them flow out from that source. Then the schoolhouses all over America should be thrown open for evening use not only for boys and girls, but also for men and women. In many cities this is done, but not in enough of them. These buildings belong to the community; even though set aside for educational purposes, they need not be locked at 4 p.m.

There is no limit to the number of gymnasium classes, basketball teams, parties, dances and hobby groups that can be had if the Boards of Education would heed the demand of the citizenry of our towns and cities for the use of school buildings.

This is equally true of churches all over the land, that are open and available too few hours of the day and of the week.

Athletic Directors in Summer

Every city and town in the United States should see that adequate funds are provided our school superintendents to hire the athletic directors and teachers of physical education in our schools all summer long as supervisors of programs of recreation and play. There are many cities now doing this but hundreds more of them should.

There have been developments during the war that have proven themselves to be eminently worthwhile in their contribution to the recreational life of boys and girls. I refer to youth canteens. In the wave of newspaper and magazine publicity given to new youth centers, great emphasis was placed

Condensed from an address by Dr. Robert C. Boothe, General Secretary of the Young Men's Christian Association, Charleston, West Virginia, at the Pennsylvania School of Alcohol Studies, Juniata College, Huntingdon, Pa., June, 1946.

on the part which youth itself played in getting community action. In one community the mayor received an anonymous letter from a high school youth; in another, an article in the high school paper started things moving; in another, appeals to the owner of a local radio station from his youth listeners brought action.

One is unable to predict as to the length of time they will operate, but while they do operate they are helpful. They may be as transitory as miniature golf. Youth centers or teen centers may have come because of a frantic desire on the part of the citizens "to do something" during the war situation. That they are here to stay is beyond my ability to foresee. I am still old-fashioned enough to think that the American home is still the best "teen" center in any city.

But in these days when forces are centrifugal rather than centripetal it behooves parents, organizations, P.T.A.'s and clubs like Rotary and Kiwanis to provide adequate recreation facilities for their youth by keeping abreast of their needs and demands. Many of the things that ordinarily happen to a city can be forestalled by timely and adequate planning.

Glamour without Liquor

The night clubs in our cities seem to have glamour; it is no wonder that the youth want something of the same sort only on their level and, fortunately for us, without liquor and the questionable floor shows that are usually found in these night spots. I should like to throw out the warning that if we are to provide adequate substitutes for night clubs and drinking places for boys and girls that we will not in some way or another allow them to infer that this is but a stepping stone or a period of kindergarten training against the day when they will be old enough or sophisticated enough to go to the night clubs. We have enough facilities in our own communities, if we use them, to educate our boys and girls into higher forms of thought as to their recreational and entertainment needs.

When all is said and done it is obvious that we can not be with boys and girls all of their time. We come back to the idea that unless we have basic character training in the home there will be much delinquency occurring before and after all our recreational centers are opened or closed for the day.

YALE CONTINUES LEADERSHIP IN UNIVERSITY INSTRUCTION ON ALCOHOL

ORGANIZED to *make available* for educational service, the developments of recent and established scientific research regarding beverage alcohol and its influence in personal and social living, the Yale University School of Alcohol Studies, in August, completed its fourth Summer Session—the largest yet held. Thus Yale continues leadership in this new field of public service, giving a scientific emphasis that is being reflected increasingly among other universities and colleges.

The summer courses at Yale are of graduate rank, for experienced men and women, college graduates, educational and community leaders, college and high school educators, superintendents of public education, beginning and experienced welfare workers, ministers, —Protestant, Catholic and Jewish—psychiatrists, public safety and health workers, and all who seek to work constructively in handling the problems of beverage alcohol. Such leaders, local, state and national, came from all parts of the United States and Canada, the session this year enrolling 161, including a larger percentage of younger leaders in these fields than heretofore.

The 161 students, 123 men and 38 women, came from 37 states, the District of Columbia and Canada. Connecticut and New York provided the largest number, 16 each; Texas sent 11, Florida 8, and Illinois and Michigan 7 each; 56 were clergymen, 34 educators, college, high school and administrative, 30 welfare workers, 11 employees in the beverage alcohol industry, 9 in medical and allied professions, 7 temperance workers, and 14 miscellaneous. Of the total 20 or more were members of Alcoholics Anonymous.

The sixty-two lectures of the four-weeks School, averaging an hour each, were followed by discussion periods, with much discussion from the various viewpoints and backgrounds of those in the student body. This free democratic inter-play in the exchange of information and the frank facing of concrete, practical problems and aspects of the bev-

erage alcohol problem, is one of the features of the School.

The lectures given this year were grouped under the following headings:

- I. Introductory lectures.
- II. Effects of alcohol on the individual.
- III. The use of alcohol through the ages and society's informal controls of inebriety.
- IV. Psychological factors in alcoholism.
- V. The magnitude of the problem of inebriety.
- VI. Formal controls of inebriety.
- VII. The treatment of alcoholism.

Of special significance is the fact that, in the total enrollment, 34 were educators: 18 teachers, seven of them college teachers, the others high school and grade; 11 were specializing in alcohol education, some as administrators in state systems of education; 5 were superintendents. Many others represented broad educational fields, in which they would use the knowledge gained, such as writers, welfare workers, and sanitarium administrators. The largest single group consisted of clergymen, of whom there were 56, among them writers and others whose constituencies are wider than those of single churches.

YALE REFRESHER OF 1946

NINETY ALUMNI of the Yale Summer Schools of previous years returned for the Refresher Course, this year, held just after the close of the regular Summer Session. Having attended in 1943, 1944, or 1945, they came back to the quadrangles of Yale for four days of renewed fellowship, exchange of experience, study of recent developments in various fields of the alcohol problem and to learn the results of late scientific research from the faculty members and laboratories that are specializing in the problem at Yale.

The class of 1943, the first, although the smallest of the four, was most largely represented on a percentage basis, many coming long distances to share in these "check up"

days together, and with their former teachers.

Reports from committees developed by the Alumni, especially in 1945, included those from Teachers Colleges, Religious Adult Education, Church School Education, Secular Adult Education, Evaluation of Temperance Material, Medical Relations, College Instruction, Elementary School Teaching and Exploratory Committee—all relating to present and future educational philosophy and procedure on the Alcohol Problem.

The Four Years

Regarding the hundreds who have gone out to all parts of the country and are now, through their various occupations, engaged in new leadership on the problem, one alumnus, Judge Lewis Drucker, Class of '43, Municipal Judge of Cleveland, wrote:

"Four years of intensive guiding, direction and scientific research has succeeded in communicating authoritative scientific information to hundreds whose daily activities bring them into contact with the general public.

"Hundreds have returned from Yale to their communities fired by the zeal of new discovery. Communities all over the United States have felt the impact of these new advocates of sympathy and understanding. Judges, probation officers, social workers, administrative officials have been able to help thousands in their struggle to overcome the disease of alcoholism. Physicians and psychiatrists have taken renewed interest in the treatment of the chronic alcoholic. Departments of education of the various states have revised the contents of their texts on the basis of the impetus received in the Yale school.

"Committees organized in many cities are now concerned with the therapy of chronic alcoholics. Boards of education have modified their curricula. Priests, ministers and clergymen have found new fields of endeavor. Courts have changed their attitudes in dealing with the frequent repeater brought into court on the charge of intoxication. Social workers are more adequately rehabilitating families because they now have learned to recognize alcoholism as a symptom of disease requiring treatment and therapy.

"The glowing work of the groups of Alcoholics Anonymous has been tremendously stimulated. Thousands of men have been restored to their families. Large numbers of divorced couples have been reunited. Thousands of our youth of high school age are now being more scientifically advised and informed about alcohol.

"We are making great strides in arousing the public to the need of more understanding and more education on the problem of alcoholism.

"Yale has pioneered in this great endeavor. Yale has let its influence be felt throughout the country in this wholesome endeavor. The Yale School of Alcohol Studies is today one of the most potent factors in stirring the public conscience to the need of doing something more effectively about the problem of alcoholism."

COLLEGE STUDENT AND ALCOHOL

(Continued from Page 38)

church, the home, the public schools, and the government in an intelligent, nation-wide crusade against strong drink. It is no longer a matter of a few pious old ladies, or sentimental religionists, issuing preachments and tracts. This evil can be uprooted only by intelligent organization, education, and counter propaganda. The crusade must be re-enforced by visual education, sermons, lectures, curriculum courses, special institutes, exhibits, and ceaseless public discussion. Yale University School of Alcohol Studies is charting the way toward intelligent action, and is getting results. Other colleges must follow suit.

It is not only the student who becomes drunk and forces the college to discipline him that we must be concerned about. Our major obligation is unto the masses of our young people, who fall innocent victims to "polite social drinking," and who think it is smart to drink. We must orient and condition them against the evil before they cultivate the taste. Our schools must not only prohibit the students from drinking on the campus and in the dormitories, but must equip them to resist the temptation successfully under popular social pressure off the campus and out in public and private life. We must be as wise and resourceful in our sphere as the liquor dealer is in his.

EFFECTS CHIEFLY MENTAL

By WALTER R. MILES, Ph.D.

IN THE UNITED STATES mortality from alcoholism is about forty times that from chronic poisoning by all other organic substances. Alcoholism ranks with syphilis in the frequency of its occurrence and its damage to the human family. Since it rests on man's individual and collective will, rather than on the wiles of disease organisms, it is essentially psychological . . .

The profound changes in the behavior of alcoholics might easily suggest that corresponding changes or lesions occur in the soma. Perhaps they do occur; a certain number of pathological alterations have in fact been claimed or demonstrated. These include chronic leptomeningitis, multiple or peripheral neuritis, gastritis and achlorhydria, fatty degeneration of the heart, kidneys, and liver, cirrhosis of the liver, and damage to the reproductive cells. But in post-mortem examination of persons who have died from acute alcohol poisoning, usually no injury to any bodily organ can be detected by eye or microscope, and death is chargeable only to the profound action of the alcohol on the functions of the nervous system and, specifically to the concentration in the brain of an intolerable amount of the substance in question. In chronic alcoholism there is no pathognomonic sign that the critical pathologist can point out. Martland, in a recent candid review^① of the somatic results of chronic alcoholic poisoning, concludes: "The main damage caused by alcohol is to the central nervous system. That is probably due, chief-

From *Psychological Factors in Alcoholism*, by Walter R. Miles, Ph.D.; published by The National Committee for Mental Hygiene, Inc., New York, N. Y.

1. "The Pathology of Acute and Chronic Alcoholism," by H. S. Martland, M.D., Chapter IX, pp. 202-23, in *Alcohol and Man*, edited by Haven Emerson, M.D., New York: The Macmillan Co., 1933.

ly, to its action on the high fat content of the cells of this system. . . . If there are structural changes, they can rarely be recognized by our present methods of investigation. Serious anatomical defects in the nervous system due solely to alcohol are seldom seen at autopsy."

In the last two decades, with improved methods of observation, singularly little irreversible alcohol pathology has been discovered, but the question is of course not yet finally settled.

When we admit that alcoholism is chiefly mental rather than physical, we have in no way diminished its importance as an individual handicap and a social menace. Rather have we, I think, properly come to emphasize its nature as a psychological and a psychiatric problem—and, therefore, its significance for mental hygiene—by stripping it of the pseudo-scientific implications of enthusiastic fanaticism and of inadequate diagnostic methods. If we proceed from these qualitative matters to consider even briefly the incidence of alcoholism, we are impressed with the quantitative importance of a problem that owes its origin to the natural seeking and find of pleasurable experience in a world where a considerable percentage of the adult inhabitants are not capable of mature self-control, and where the mentally easy and immediate way out is certain to be an automatically popular "choice."

Seeking Freedom

Today a new approach is imperative—one that will bring into play the latest that scientific knowledge has produced, together with the best that the practical experience of those who have earnestly sought solution during the years has to offer. It must be concrete, realistic as to particular phases, but also include, in vision and appealing ideals and aims, the "alcohol-free" life, the life that is free from dependence upon any form of drug release; free, also, from the dead-hand of un-thinking, un-scientific social tradition and from the economic drive that seeks huge profits by drugging with alcohol the ills and deficiencies of human life.—*The Liquor Cult and Its Culture*, by HARRY S. WARNER, 1946.

LESSER DEGREES OF INTOXICATION

By WILLIAM M. FAIRLIE, M.D., Ch.B., D.P.H.

IN CONSIDERING cases of possible incapacity from the point of view of legal proceedings, we are thinking of incapacity readily discernible at a clinical examination. Such a condition usually results from a fairly gross disturbance of capacity, and it does not follow that lesser degrees of alcoholic intoxication do not affect capacity.

Source of Road Dangers

It is in these cases of lesser degree, where signs of incapacity are not very evident and where there is little likelihood of legal proceedings, there lies one of the greatest dangers of the road. The cases of greater degree, with a possibility of being dealt with by the law, are numerous enough in all conscience but they are not so numerous as those of lesser degree, which are so constantly on the roads and may, in certain circumstances, be vastly more dangerous.

This may be readily understood if we briefly recall some of the actions of the human body and how they may be disturbed by the action of alcohol. When ingested, alcohol is rapidly absorbed into the blood stream and passes all over the body. It has an affinity for the nervous system and it is action on this system which produces the earliest signs of its effect.

(Continued on Page 53)

Excerpt from *Road Accidents and Alcohol*, by Dr. William M. Fairlie, former Surgeon, Metropolitan Police of London, England; a lecture—The Fifth Rae Memorial Lecture—delivered at The Royal Society of Arts, London, April 10, 1946. Issued by the National Temperance League, 33 Bedford Place, London, W.C. 1, England.

Student Guest Editorial Contest

A NEW Guest Editorial contest, open to college students, with \$500 in prizes, has been announced by the Intercollegiate Association for Study of the Alcohol Problem. The theme of the contest, which will run through the year 1946-47, is "Outgrowing Alcoholic Culture."

Advance announcement of the contest is being made to hundreds of student leaders and foundation secretaries, to enable them to include the contest in their year's programs. Detailed announcement will be contained in folders which will be ready for distribution soon.

The Director of the contest is Edwin H. Maynard, pre-war Intercollegiate Association field secretary, 909 Webster street, Chicago 14, Illinois. Mr. Maynard directed the Burns Award letter-to-the-editor contest of the Intercollegiate Association in 1939 and is experienced in newspaper and magazine writing. All correspondence relating to the contest should be addressed to him in Chicago.

In announcing the contest, Harry S. Warner, general secretary of the association, said, "There is no phase of the liquor problem more significant today than the place it has assumed in social intercourse. The entire framework of this toxic culture is in need of scientific examination by both the psychologist and the sociologist. Students, particularly those training in these fields, can contribute much to this study."

Papers entered in the contest must be from 600 to 800 words long and must be grounded on facts acknowledged by science. A bibliography listing sources of basic information has been prepared, and a set of questions will indicate some of the phases of the broad subject of "Outgrowing Alcoholic Culture" which might be selected by student writers.

Deadline for the contest is June 30, 1947; announcement of winners will be made in the first fall issue of the INTERNATIONAL STUDENT next year.

CULT OF TOXIC CULTURE

*Seek the Truth
Come Whence It May
Lead Where It Will*

The Whisky Ads

IN THE GLOWING universe of the whisky ads, nobody ever gets potted, or beats up bartenders, or falls down elevator shafts, or makes a pass at other men's wives, or runs over kids in the street, or even has a teeny-weeny hang-over.—SYDNEY HARRIS, *Chicago Daily News*.

* * *

Non-Joy Habit

What I especially dislike is the sight of young men and women with brains and breeding who are deliberately and regularly befuddling their senses, making silly spectacles of themselves, and shortening otherwise useful lives by acquiring a habit which does not increase the joy of living.—W. E. BURGHARDT DU BOIS, *The Message Magazine*, Vol. 12, No. 10.

* * *

Escapism

A newsboy and a red-faced friend were "griping"—about something—at the "Corner of Broad and High," Columbus, Ohio, July 3, at mid-noon. Said the red-face, "Go, git yourself a drink of whisky; you'll feel better."

Ever, always, the simple motive, *delusion*, "to feel better."

* * *

Thriving? Who?

Drinking and driving; embalmers are thriving.—*Motorland*, April, '46; Calif. Automobile Assn.

* * *

Keeps Court Busy

Of the six cases in traffic court, San Francisco, Calif., August 8, decided by the judge, three were for intoxication, two for drunkenness and one for driving after license was suspended—five out of six involving alcohol.

Cocktail Wit

One cocktail or two, or a dozen, will not make a dull man witty, nor an inept man interesting in conversation; it just makes it difficult to tell the difference. A group of people, fearing that they cannot be interesting to each other, partially drug their self-criticism, their judgment, their associative processes and the inhibitions which make human conduct human; they give their body more control over their mind, destroy a part of their insight, their capacity to tell whether the party has been gay, the food good, the conversation witty.—DR. RICHARD CAMPBELL RAINES, Minneapolis, Minn.

* * *

“Stop Arresting; Jail is Full”

The *Sacramento* (Calif.) *Union*, September 17, '46, carries a story with the headline “Stop Arresting Order Goes Out When Jail is Crammed Full.” They explain a part of this is due to increase in population, but the article says:

The biggest single problem is the handling of drunks. The “drunk tank,” according to state prison standards and the state health and sanitary code, which requires 500 cubic feet of air space for each prisoner housed during sleeping hours, was built to accommodate 12 persons.

As many as 90 have been crowded into this cell at one time. One jailer jokingly said, “We open the door to put in another one and two fall out.” When the tank is filled to capacity, drunks are allowed to stretch out on the concrete of the City Jail.

Officers are instructed to bring in only drunks that are down and unable to walk. Walking drunks are not arrested unless guilty of some other offense.

On weekends when the jail traffic is especially heavy, orders go out—“stop arresting—the jail is full.”

* * *

Road Accidents

National Safety Council says alcohol is involved in one-fourth of all road deaths; that drivers “under the influence” have accident rate 55 times that of non-drinkers; and that drink-drivers are 3 to 4 times as liable to accidents.—N. Y. *Times*, Sept. 8, '46.

FEDERAL--STATE POWER OVER INTOXICATING LIQUOR

By **EDWARD B. DUNFORD, LL.D.**

THE REPEAL of national constitutional prohibition introduced a new State-Federal relationship with respect to control over intoxicating liquors. The 21st or repeal Amendment contains an important prohibition section which may have far-reaching consequences as its potentialities are understood and utilized. By the 21st Amendment, the determination of the type of liquor law, whether it shall be one of license, prohibition, monopoly, or a combination of all these features, is left to the states, but with increased powers on the part of the state officers to enforce the state law, whatever the type. The Amendment proceeds upon the theory that a liquor law, to be enforceable, must conform to the wishes of the constituency which must live under it. The new constitutional prohibition reads:

"The transportation or importation into any State, Territory, or possession of the United States for delivery or use therein of intoxicating liquors, in violation of the laws thereof, is hereby prohibited."

This places liquor in interstate commerce in a different category from other commodities. Since the recent reallocation of constitutional authority the states are possessed not only of the power to regulate or prohibit the manufacture and sale of liquor within their borders, but also of full authority to take effective measures to prevent the introduction of liquors for delivery or use therein in violation of state policy.

Since this guarantee is written into the Constitution itself, the exercise of power by the state to control the introduction of liquors for use within its borders is not contingent upon the pleasure of Congress or subject to its permission. The states are now possessed of the greatest power they have ever had since the Constitution was adopted to make their liquor laws effective, whatever their nature.

In addition, the second section of the 21st Amendment has

Part of a lecture delivered at Yale University School of Alcohol Studies, July, 1946. Dr. Dunford has been a lecturer at each of the sessions of the School, 1943 to 1946, inclusive.

imposed the obligation upon the Federal Congress to protect the states against the prohibited importations. Each unit of government has been relegated to the discharge of its traditional function under our constitutional system. The states are given plenary power to enforce their local laws, while the Federal government is under obligation to see that the facilities of interstate commerce are not used to defeat the will of the people of the state as represented in the statutes for the prohibition or regulation of the sale of liquor.

LESSER DEGREE OF INTOXICATION

(Continued from Page 47)

The nervous system is divided into various parts, each carrying out its allotted share of the work. Some parts start fully fledged in capacity, but others are imperfectly so and are at first unstable. In these latter, perfection of function and increased stability may only come about after prolonged experience, training and education. This is shown in the unbalanced behavior of the young and the unbalanced thought of youth becoming balanced in later life, and in the greater mental and physical capacity developed in the adult. Those parts of the nervous system, in which high function has been developed or acquired, are most vulnerable to outside influences and are most liable to have their function disturbed.

Disturbs Control Centers

The nervous system may be compared roughly with a telephone system, the brain being the exchange. To it come lines from all over the body, including the organs of special sense, the eyes, ears, etc., bringing messages based on outside contacts. From it go out lines all over the body conveying messages which control all actions and behaviour. The incoming lines are not plugged through to the out-going as happens in a telephone system, although something analagous to this does take place in the case of some actions which are largely automatic, such as walking. Usually incoming messages pass to the higher centres in the brain where interpretation and decision on action take place. These higher centres control the lower and, in so doing, control self-criticism,

behaviour, concentration and all reactions to outside influences. The whole system is vast and complicated and, containing many parts with acquired function, it is very vulnerable to outside interference. There may be interference with the picking up of impressions from without. The eye may not record correctly what is seen. Heat may not be felt quickly enough to avoid burning.

Such wrong impressions may pass to the higher centres in the brain or, having received correct impressions, the higher centres may interpret them wrongly with the result that in both cases wrong action is determined upon.

The outgoing lines may confuse correct directions or receive wrong ones for transmission.

If outside influences are acting generally there may be a mixture of all such forms of interference and what is just as serious, a delay in response to impressions received.

The action of alcohol on the nervous system is that of a depressant and it is not surprising that the earliest signs of disturbance come from those parts of the nervous system in which function is least stable. By depressing the higher centres in the brain alcohol diminishes self-criticism and the powers of concentration and allows the next lower centres to have uncontrolled action. Behaviour is affected and a state of euphoria results, in which all seems well and there is disregard of warning signs of possible trouble. Even though these early signs of warning are received, the brain may be dulled and through slowness of action be unable to take full advantage of them. This results in imperfect control. It must be remembered that body movements, although often apparently simple, are really very complex. The flexing of the elbow of a human being is far from being fully comparable with the pulling of a string in a dummy figure. The action is attended by a very complex action of many muscles, some contracting and some relaxing, and all working in unison. The slightest interference with the control of such movements results in imperfect and uncontrolled action.

The depressant action of alcohol on the nervous system is of serious importance to motorists, for it causes drivers

to be on the roads in charge of cars while observation is imperfect, receptivity of warning faulty, discrimination and powers of quick reasoning blunted and the capacity for full concerted action impaired. It is noteworthy that the least stable person is more likely to be affected by the taking of alcohol. Youth is the time of least stability and consequently we find early disturbance due to the taking of alcohol more marked and more obvious in the young. Here the state of euphoria is likely to be early and marked, and when action is taken, as in an endeavor to deal with a difficulty on the road when driving a car, it is liable to be delayed and when it does take place, to be extravagant and excessive.

Alcohol in Fatigue

When there are other factors interfering with efficiency of function of the nervous system, the super-imposing of depression due to alcohol may be very serious e.g. in fatigue. Fatigue gives rise to loss of power of concentration and discrimination and to slowness of action and to drowsiness. Many in this state resort to the taking of alcohol in the belief that it will act as a stimulant. In fact it produces further depression of the nerve centres and, what is of even greater consequence, by inducing euphoria, through the cutting out of the higher centres, it takes away that faculty by which person suffering from fatigue may be able to recognize his condition. There is no doubt that it is dangerous for a person suffering from fatigue to take alcohol if he is going to engage in any pursuit such as driving a car.

Vision

The state of vision is all important to the motorist. The principles on which the eye works are similar to those of a camera. Rays of light pass through a lens and fall on a plate or film in the case of a camera, and on the retina in the case of the eye. Most of our vision is straight ahead so the centre of the retina is most highly developed in receptivity and deals mostly with vision when there is light. Vision away from straight ahead is received chiefly

by the peripheral part of the retina which, being less highly developed, gives a less distinct image. This part of the retina also deals with most of the vision in the dark. Acuity of vision is slowed up by alcohol circulating in the blood stream, and as might be anticipated, the periphery with its lower development of function, suffers most. This is important for the drivers of cars, for it means that alcohol will diminish their powers of taking notice of objects coming from either side or from the rear and also materially diminish all vision in poor light. Both of these deficiencies can be ill afforded by the motorist.

The pupil of the eye lies in front of the lens. It is subject to high nervous control and plays a part in vision. Great variations take place in the action and size of the pupil very readily in response to alcohol, with resulting serious interference with vision.

Vision to be most highly efficient must be binocular. This is dependent on the very precise action of the two eyes absolutely in unison. If such action is upset, vision will be greatly deteriorated and in the motorist the capacity of judging distances and of estimating the speed of other users of the road will be impaired. This arises from the action of alcohol in amounts far short of those likely to produce recognizable diplopia or double vision.

Use of Alcohol

The taking of alcohol has been indulged in from the earliest days, and practically all peoples have known and taken alcohol in some form or another. It has become a factor in our social life, and the address, "How are you, have a drink?" is used by many as an introduction to social intercourse. This widespread taking of alcohol is based greatly on its capacity to depress the higher centres, freeing self-criticism, etc., and inducing something of that state of euphoria in which, even with the mildest doses, all tends to seem well and there is relief from the trials and serious considerations of life. There may be different views as to whether this is the best way of seeking a well balanced life with sufficient relaxation

from everyday worries. Apart from the fact that regular drinkers and those who drink to excess are developed from the slight and occasional drinkers, there may not have been much importance in the taking of the occasional drink in bygone days. Modern inventions, however, have imposed new conditions of life, one thing being the necessity for many to become drivers of motor cars. In view of the recognised effects of alcohol in interfering with efficiency of mind and body, such change in the conditions of life gives rise to the necessity for drivers of cars, who take alcohol while driving, to review the possible effects of their habits.

The question arises, what amount of alcohol, if any, is it safe for the motor driver to take? There can be but one answer to this—NONE.

We are all acquainted with the person, probably young and an occasional drinker, who, after one drink, will show a flush of face, brightness of the eye, an increased jollity and loosening of the tongue. Such a person is not fit to drive a car with the maximum of safety. The amount of this derangement cannot be measured exactly, but it may result from quite small quantities of alcohol such as one drink. Correctness of function and delay of action may be measured with great precision. This has been done in many different ways. From these come proof that the smallest amounts of alcohol cause speed to be increased at the expense of accuracy and the reaction time delayed.

Not Even Beer

Vernon found that after the taking of 5 oz. of very mild beer by 12 drivers the average variation in time was plus 18, and the average variation in error was plus 15.

Dr. Heise found that drivers tested travelled 16 feet before putting on the brakes at a given signal. After taking alcohol to an amount never greater than to produce .02% of alcohol in the urine, which would be brought about by the taking of about a pint of beer, the distance was increased to 22 ft.

Prof. Clark, of Edinburgh, also found that 1¼ pints of beer produced measurable impairment of speed and ac-

curacy of skilled movements.

Such evidence does prove that alcohol circulating in the blood, even in the smallest quantities, interferes with those functions of the body which are necessary in their most perfect state to ensure that driving on the roads will be carried out with the greatest safety. Alcohol in the driver is the determining cause of many serious accidents, in which, afterwards, no consideration is given to this possibility. There can be no doubt that the greatest safety can only be attained by drivers having no alcohol at all while driving.

With such conclusions accepted by those who have studied the problem and available to all, it is surprising that the Government propaganda now in progress should be so limited and take no notice of this great factor in the causation of accidents on our roads. It would seem that the usage of alcohol has so insidiously permeated social life that there has been great delay in the general recognition of its true effect in the new circumstances of life brought about by the introduction of motoring. Those realising the position should move in an endeavour to bring to all the danger of taking alcohol, even in the smallest amounts, when about to drive or while driving a motor car. Nay, more, it is our duty to make this endeavour in order to save others, particularly the young, blundering into tragic circumstances unwittingly. I have seen a young alcoholic motor driver, somewhat pulled together by the effects of an accident, crying his heart out and saying, "Had I only known I would not have taken any drink."

Our personal influence, if used with discretion, may be sufficient in the case of many with whom we come in close contact but this will not be sufficiently widespread. Pressure should be brought to bear on the Government to state the dangers of alcohol to drivers, definitely and categorically, and to spread the information by all means possible.

Safety on the Roads

Such a statement might be as follows:

The smallest quantities of alcohol interfere with and

reduce the capacity to drive with the maximum of safety.

They produce a false feeling of well being, causing speed to be increased without this being realized.

They interfere with quick perception of danger.

They depress the response to danger. In the case of youthful and occasional drinkers such disturbances may be very marked.

It should be noted that the smallest quantities of alcohol will produce these effects and may be the determining cause of the most serious of accidents.

Do not take any alcohol of any kind when about to drive or while driving a motor vehicle.

Juvenile Delinquency

In the field of juvenile delinquency it is difficult to understand or explain the increase in the number of children appearing before the court. While there have been many predictions of a crime wave following World War II, the rise in the number of offenders is expected chiefly in the group from 18 to 25 since boys under the age of 18 have not been exposed to war conditions as directly as the older youth. It would appear, however, that the young people between 15 and 18 years of age are subjected to many disturbing influences as a result of war psychology and they are reacting in an anti-social manner as a result of these influences.—JUDGE JAMES HOGE RICKS, Juvenile and Domestic Relations Court, Richmond, Va.; Report for 1945.

The time will come when driving after drinking will be placed in the same category as carrying concealed weapons.

—Travelers Insurance Company.

Drinking drivers, as distinguished from drunken drivers, are a major traffic menace.—Vice President, The Automobile Manufacturers Association.

Alcohol is a major cause of automobile accidents—Northwestern Traffic Institute, Evanston, Ill.

The real problem. . . is caused by the drinking driver who is not obviously drunk. . . He will take chances. . . He is a major traffic menace.—ALFRED REEVES, Automobile Manufacturers Association.

A MECHANISM OF ESCAPE

By E. A. STRECKER, M.D.

THE HISTORY of alcohol is *coextensive* with the history of the human race. Cuneiform tablets reveal that the ancient Egyptians enjoyed beer. Rome was drunk on military prestige and wine. Alexander jeered at Philip of Macedon: "Look at the man who proposes to lead an army from Europe to Asia—so drunken that he is unable to get from one couch to another." The barbarians from the North added honey to cereals and brewed a delectable beverage called mead. As an escape mechanism from the chilling penetration of the fogs of the moors, the kilted Caledonians invented and utilized a drink called whisky which still has not lost its popularity. Long before the white brothers bartered "fire water" for the lands of the North American Indian, the primitive braves made a deeply intoxicating beverage by mixing with ashes the gall from buffaloes killed in the hunt.

It is clear that alcohol has flowed down through the ages in a stronger and ever widening stream. Neither legislative measures nor other efforts have succeeded in effectively damming the current so that now in our own civilization and culture, alcoholism constitutes a greater social and personal hazard than ever before in our history.

Why have the use and abuse of alcohol steadily increased? The answer may be given briefly: Alcohol is an extremely effective agent for rosily blurring and softening the rigid and forbidding outlines of reality. It is a buffer between the individual and the disturbing impacts of unpleasant truths which he must face in his environment. Furthermore, it is readily available and provides a quick, easy escape mechanism.

Society displays an amazing tolerance toward the alcoholic

Condensed from "Alcoholism," by Dr. Edward A. Strecker in *Hygeia*, Chicago, Ill., Sept., 1940; reprinted by permission. Dr. Strecker is Professor of Psychiatry, University of Pennsylvania.

1. It is estimated that there are 750,000 chronic alcoholics in the United States in 1946, and 2,750,000 inebriates, or "excessive" drinkers.—ED.

person. Usually it deposits him tenderly on his doorstep, or in hospitals and other havens of refuge. It is not until the alcoholic person has reached a very low and sordid level of almost constant drunkenness, that society stigmatizes him and places him beyond the social pale. . . .

One Alcoholic

In order to arrive at an approximate idea of the enormity of the alcoholic social and personal problem, think of one chronic alcoholic individual you may happen to know in these terms:

Economically: What has been the loss in earning power and its constructive potentialities to himself, to his family, to his neighbors, and to the whole economics of society?

Socially: Note the rapid decline in social cooperativeness and constructiveness and how speedily the alcoholic individual becomes a millstone around the neck of society.

Culturally: Analyze the alcoholic person you know in the perspective of the quick deterioration of his mental powers which, perhaps, had large potential and even actual value.

Ethically and Spiritually: For the chronic drinker, no matter how high was the moral plane on which he formerly lived, there is inevitably a descent to a level of existence in which there are no remaining shreds of decency or perceptible remnants of former ideals.

Multiply by Thousands

Multiply this estimate of one chronic alcoholic person by many thousands and observe at least an outline of the appalling figure of the damage inflicted upon the individual and upon society by the abuse of alcohol.¹

In order to have some understanding of the problems of alcoholism there should be an appreciation of its fundamental nature. While alcohol often takes a heavy physical toll, alcoholism is not an organic disease. There are numerous varieties of alcoholic insanity; yet drinking per se is not a mental disease. But there seems reason to think that abnormal drinking is a psycho-neurosis and the effect of alcohol is utilized unconsciously, just as neurotic symptoms are used unconsciously as instruments of escape from inner and environmental difficulties and demands which cannot be faced.

Alcoholism which is true to type and not merely a symptom of some other condition is much more likely to occur in those individuals who, in their personalities, are quiet, often shy, sensitive, reserved, given somewhat more to thought than to action and usually not able to meet social situations with ease and facility. They are the introverts. By accident or design, many of these personalities soon discover the magic of a few drinks in producing a satisfying conversational ease and social confidence.

Effects Sought

The effect of alcohol that is eagerly sought, although the seeking is often unconscious, is the regressive effect. One need not frequent the habitats of chronic alcoholic persons in order to observe this regressive phenomenon—any normal cocktail party will do. First, there is the alcoholically conditioned atmosphere of decreased inhibitions and lessened responsibility. Then, judging by their behavior antics, middle-aged, portly gentlemen and ladies with waistlines honored largely in the breech, apparently have slipped off several decades of years. In the mild phantasy of alcohol they are again gallant young bucks and slim, beautiful debs of by-gone years. In confirmed and excessive drinking, individuals often regress to very early and irresponsible levels, with complete loss of control of the ordinary organic functions.

Rationalization, the psychological device of believing what one wants to believe, is an integral factor in the personality of the chronic drinker. It is encountered constantly in the so-called "reasons" which the drinker gives for his liquid debauches. They are legion—"his wife is irritable," "his children are not getting on in school," "business is bad," "his employer is tough with him," "the weather is bad," "he has a cold," "his feet hurt"—and so on ad infinitum.

As alcoholism advances only the merest shreds of rationalized "reasons" remain; the drinking becomes uncontrolled. The frantic objective of the drunkard is the attainment of the anesthesia of complete drunkenness in order to escape the horribly painful mental conflicts which rise to the surface of consciousness at the first faint dawning of sobriety.

Now comes the stage of complete non-reasoning, automatic drinking. The drinker does not have the faintest knowledge

of why he continues to drink. Debauch follows debauch. His drinking is like the post-hypnotic behavior of the subject who is obeying suggestions made to his unconscious mind during the hypnotic trance. He has no knowledge of why he acts as he does, but the demand to behave as he does is imperative. In somewhat similar fashion, the suggestion to drink again and again comes with the first intrusion of sobriety with all its painful accompaniments.

Why This Contrast?

When people are affected by other great diseases, doctors, scientists, bacteriologists, researchers, health experts, public officials, health boards, sanitary departments—all bend keen, intelligent, unremitting efforts to (1) find the *cause* of the trouble, then (2) to *eliminate the cause*. Milk that makes even a few children ill frightens the whole community, but booze that makes many ill disturbs very few.

* . * *

35 Per Cent of 5,000

The Veterans' Administration in California reported in 1941 that, of the 5,000 hospital beds in the Veterans' Administration, 35 per cent were occupied by alcoholics and patients with diseases due to alcohol.—*The Beacon*, bulletin of the Mental Hygiene Society of Northern Calif., Nov.-Dec., '41.

* * *

The inherent danger in *alcoholic pleasure* is not chiefly that of deficient or "unadjusted" human nature. It is not the inability of men to adapt themselves to alcohol. It is gratuitous to assume that men must learn to adapt themselves to it, or be regarded as inferior, or socially "queer" if unable to do so. The real danger is the drug itself. "Alcoholic addiction is a danger inherent in alcoholic beverages," concluded the *British Medical Research Council*, after an exhaustive survey of all the available scientific information. "There is no evidence to justify the opinion that any young man or woman is exempt from the possibility of becoming an addict, nor would it be possible by skilled examination of a group of younger persons to say which are in danger on this account."

THE LIQUOR CULT AND ITS CULTURE

BY HARRY S. WARNER

Author of *Social Welfare and the Liquor Problem*, (seven printings-; *Prohibition: An Adventure in Freedom*; *Alcoholic Drink in Life Today: Prohibition in Outline* (Joint with F. Ernest Johnson); *Does Alcohol Aid Creative Ability?* The "Modern Understanding" Mono-graphs, (fifteen); *Alcohol Trends in College Life* (a survey of six periods.)

WHAT THEY SAID of these EARLIER BOOKS—

I wish that every young American . . . accepting with youthful enthusiasm the propaganda that liquor-drinking means freedom, . . . could make a study of this book.—HENRY LOUIS SMITH, President Emeritus, Washington and Lee University.

The best presentation of the subject from a historical point that I have seen.—DANIEL L. MARSH, President, Boston University.

From a new point of view, historically as well as philosophically.—DR. ROBERT HERCOD, Lousanne Switzerland.

Particularly impressive by thoroughly objective treatment . . . reassures the reader who is looking for facts, rather than prejudices.—CHAS. M. BOND, Professor, Bucknell University.

A relief from the superficiality of ideas afloat today.—E. W. McFARLAND, Professor of Economics, Detroit. City College.

Studiously moderate in statement and tone . . . an attempt to get down to a study of the permanent meaning of the alcohol question.—BRITISH JOURNAL OF INEBRIETY, London.

* * * *

The new 1946 volume — THE LIQUOR CULT AND ITS CULTURE — includes the following Chapters:

Alcoholic Satisfactions; origin and questioning.

The "Urge" for Alcohol—as SCIENTISTS see it.

Alcohol and Personality.

Alcoholic Culture and Health, Personal, Public.

The Cult in Social Customs.

Alcoholic Release and Public Safety.

Alcoholic Release and Public Disorder.

Illusion in Alcoholic Culture.

From Illusion to Reality.

Outgrowing Alcoholic Culture.

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INTERCOLLEGIATE ASSOCIATION

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ALCOHOL, SCIENCE AND SOCIETY

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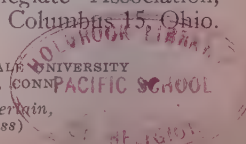
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JANUARY
1947

THE
INTERNATIONAL

STUDENT

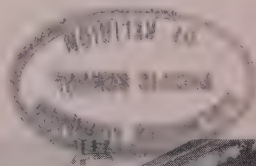
OF LIQUOR IN LIFE TODAY

In This Number - -

*A Modern Approach to the Problem
of Alcohol*

*New Emphasis in School Instruction
The New Freshman Takes Up Drinking
A "Little Yale School" in Toronto
Arrests of Drunks Cost \$35 Each
Cult of Toxic Culture*

BUCKNELL UNIVERSITY,
MEN'S QUADRANGLE,
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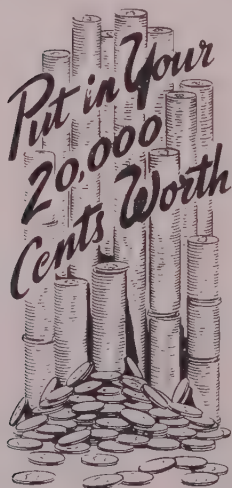
"Democracy
is something
deeper than
Liberty; it is
Responsibility"

THE INTERNATIONAL STUDENT

JANUARY, 1947

VOL. 44, NO. 3

HARRY S. WARNER, *Editor*



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A MODERN APPROACH TO THE PROBLEM OF ALCOHOL

IN PUBLIC EDUCATION

By **HARRY S. WARNER**

SEEKING TO BE EFFECTIVE in service toward solution of the alcohol problem, it is necessary, these quick-changing years, to be more than ordinarily realistic; to recognize with utter frankness the situation and its implications, past, present and future. By thinking through the problem again as a whole and how it came to be what it is, the road or roads to "a better day" may stand out more clearly. For changes have been occurring before, during and since the World War, that should be taken into account.

Parallel Movement

In the greatest of all world movements in which we are now living, the one that is seeking through the United Nations, to free the world of war, the very pressures of the present crisis hour, the conflicting aims of great nations, compel their statesmen to put into blueprints, not only their ambitions and desires, but also an understanding of the earlier attempt to form the League of Nations. Thereby, they are learning slowly, for themselves and their peoples, the attitudes, conditions and democratic procedures that make for the freedom and welfare of all peoples. Working together with gruelling persistency, they are creating something that has not heretofore existed—the basic patterns of cooperation and justice on which lasting peace may be built. Broadcasting these emerging principles, through the news of the world, brings them so clearly to the attention of many peoples that, however fearful or self-seeking ambitious leaders in the various countries may be, they can not longer ignore them.

Under similar conditions of conflict, and the "give and take" of discussion that matures intelligent citizens, may not we who are concerned about the devastating evidence of alcoholism—we who seek to be constructive in service—learn, also, from the experience that the past has to offer and the best that scientific research has to offer, gain in understanding of the alcohol problem, its persistence, its sources, its excesses and its complicating connections. May we not now begin to outline an approach that will incorporate the results both of experience and of scientific knowledge; a pattern of procedure that will be comprehensive enough to reach all the sources of the problem—big enough to do a real job—as public opinion turns renewed attention to the sharp evidence of alcoholism in these post-war years.

The Situation "As Is"

Realistically, after more than a hundred years of earnest experimentation by "trial and error," after great surges of public sentiment that called for solution have been followed by other surges toward loosened control and drunkenness, the problem of alcohol is here in force, more complicated than ever in history, obvious, obtrusive. The excesses of alcoholic culture are outstanding; the spread of social drink is increasing; home drinking by women has come as a new growth; the cocktail hour is a social group "must"; the initiating of drink habits among youth and those with little resistance, goes on unchecked; their rapid transfer into alcoholics is aided, not retarded, by social custom, social approval; jails are overcrowded with drunks—and repeating drunks; emotional and mental disturbances associated with alcohol are increasing; the heavy reality of 3,000,000 "alcoholic sick" is a gigantic fact of public ill-health; the heavy cost of taxes in caring for the depleted manhood resulting has increased; newspapers, magazines, and the radio are crowded with appealing liquor advertising—all these trends of today make the modern beverage alcohol problem one of supreme importance. Steadily the average amount consumed and the number of frequent drinkers are being increased. As individuals and groups come to depend on alcohol for the sort of "joy" it gives, the number of those who become its ultimate victims, the addicts and inebriates, is in-

creased. Heavy drinking and its results have been cumulative in the past; there is no reason to believe this will not happen again.

Renewed Questioning

Confused by contradictory attitudes toward the custom of alcoholic enjoyment—and the whole, or any part of the problem as related to propaganda—many otherwise thoughtful people, young and older, have grown tired of the whole story; they call it “hooey,” a fight of fanatics and profit-seekers, and let it go at that. They are not even “sitting in the bleachers” observing the conflict.”

Yet back of this disgust there is a very real interest, an intimate home problem, a personal experience. They ask how an intelligent attitude can be found, effective action taken, in the face of the conflicting realities and propaganda on every hand. They appreciate that neither a fighting spirit alone, nor a bored and fault-finding mask of indifference can be justified in this red-hot public issue in which, whether they wish it or not, they are having a part.

To gain in appeal to the general public, “the bleachers,” much depends on the approach. The following are philosophies and principles based on modern scientific understanding, that *may be regarded as vital* in answering the questioning now going on:

Objective Approach

1. Seek the truth fearlessly, wherever it may be found, wherever it may lead. An open-minded attitude toward the truth as it is found, is basic in this alcohol problem, as elsewhere, in this age of science and action.

Reliable information regarding alcohol and alcoholic pleasure is too little known; it is too largely unknown by vast numbers who turn to alcohol most freely because it is near at hand. It is often too narrowly known, by its supporters and its critics, its friends and its foes. It is too much mixed with prejudice and inherited family and group attitudes. Public information regarding liquor is limited, one-sided. Even scientific information has been used unfairly and inaccurately as misleading propaganda—to promote unlimited

liquor use and sales, or, at times, to restrain excessive use. Disillusioned, the youth of today and many older people, want only impassioned information, objective truth, whatever it is, scientific, social, historical; what motives lie back of the problem; why people differ so greatly about personal use and custom as they do. But most of all, youth and the public want and need the substantial scientific information, physical, psychological, social, medical, economic, that already is abundant and available to educators and leaders. They want a longer view of what is coming into their day-by-day experience.

For the scientific approach to this problem is an attitude of mind; a desire to find its various sources and contributing factors, while utilizing freely the information now available.

Growing Knowledge

2. Keep understanding and procedures in educational and solution activities, accurate and in accord with developments in research; know and use the best that accumulated science has to offer.

"Science cannot solve the alcohol problem," said Dr. E. N. Jellinek, Director of the Yale School of Alcohol Studies; but "science can help." A scientific understanding of its many phases, sources and complications, its relations to other interests and problems in personal and social living, provides a foundation from which positive efforts to cure and to prevent intemperance and its consequences may be made with confidence. This approach centers attention on the essentials; it helps to guard against mistaken efforts, the doctoring of symptoms instead of causes.

A constant seeking and checking up of our knowledge of the problem, the discarding of unproven and disproven ideas, even those formerly regarded as scientific, is a necessary part of keeping the working information in practical use, as up-to-date and as accurate as is done in medicine, engineering and the inventions of aviation.

For example, in temperance activities of the past, stress has been laid on the effects of alcohol on the body, its organs and their structure, its cells, heart, stomach. Today scientific in-

quiry has gone deeper. It finds that, only after long, heavy drinking, ordinarily, do organic changes occur, but, also that from the very first drink, and from small amounts, the mind and its functioning are disturbed, anesthetized, put out of balance. This is a far more significant fact. For the effectiveness of the central nervous system is what distinguishes man from beast. It is man's capacity to judge, to discriminate, to act intelligently—and his spiritual capacities—that are most seriously affected by alcohol.

Increased Education First

3. Utilization in school, college and community education of the scientific knowledge now available is the key-center of a vastly greater program regarding alcohol and its influence in human life than has ever been undertaken in America.

(a) In School education, by and under the lead of school officials, teachers and such cooperating agencies as have an understanding of modern educational technique. The approach that will then be made will be one of "Better Health and More Abundant Living" for today and tomorrow.

(b) In High-Schools, Church Schools, and Community Groups, educators and specialists should give renewed attention to the new scientific material, utilizing the method of discussion and such local investigation as may be practical. A New Approach in this field is even more significant than that among younger groups.

(c) In the Colleges, the subject relates itself naturally to many departments of instruction in each of which it has a place: Biology, Psychology, Sociology, Economics, Public and Personal Health, Public Opinion, Government—with opportunity for consideration of the responsibilities of citizenship to give service and leadership toward solution.

(d) In the Community and among its many clubs, organizations and activities, educators, doctors, welfare leaders, may render an unique service, by extending outward the knowledge and the educational processes of higher education, into the activities, programs and propaganda of all undertakings to alleviate the alcohol problem.

Alcoholic Tradition

4. Recognize and take into account, as a basic source and occasion of the alcohol problems of today, the social tradition that alcohol is desirable for what it gives—or seems to give.

The custom of using this "pleasure substance" and of finding satisfaction and release from tensions by means of it comes by unbroken tradition from the childhood age of the human race. It is found among practically all peoples, civilized and retarded. It is approved by many in high cultural and prestige positions and by a majority in most countries, of the lower and middle classes.

The assumption that alcoholic release is desirable and the practice of counting on it, come into each new generation from the environment into which children are born. Alcoholic satisfaction prevails in the mores of the masses and the customs of the classes of a considerable part of the social heritage. But should it not be brought to face present-day realities? Can it withstand analysis and criticism? Can it free itself of the personal and social excesses and burdens that are found wherever alcohol is widely used in a society? If found socially useful and necessary, should it not be retained? But if destructive and injuries, be discarded for customs, forms of release and happiness that are fitted to modern ways of living?

This source, therefore, in the problem of today, is of basic meaning; it can not, should not, be overlooked. It should be given a large and meaningful place in public, educational, and all other programs that make toward realistic solution.

The Alcoholic, a "Sick Man"

5. The new medical designation of the alcoholic as a "sick man," has significance to the general public because it (1) gives a realistic meaning to drunkenness; (2) because of the great advances being made in matters of public health today.

Some men and women who reach the age of addiction, or are on the way to "excessive drinking," have personal traits, emotional instabilities, feelings of inadequacy, or are badly adjusted to the demands of daily living; they are more

(Continued on Page 83)

NEW EMPHASIS IN SCHOOL INSTRUCTION

REGARDING ALCOHOL

By HOWARD E. HAMLIN

Ohio State Department of Education

NEW TECHNIQUES in teaching about alcohol and narcotics are now taking hold in the public schools. Saying "Don't" and stirring fear of the consequences, is being superseded by "why" their use is unwise; that it is the responsibility of youth to say "*no*" to *themselves* whenever prompted to use harmful drugs of any kind, or to condone questionable behavior. Also, that it is the inescapable duty of teachers and parents to give the knowledge necessary for making decisions of this kind.

State Supervised Programs

The programs of education followed in the seven states that have special supervisors within their respective departments of education vary according to the emphasis sought when each was established. In some states the emphasis is upon teacher training with a minimum of contact with pupils. With others, where the emphasis is upon pupil contact, little or nothing is done below the junior high school level. Others, like Ohio, have placed the emphasis upon contact with the pupils, *in the presence of their teachers*, where the program reaches every grade, including the kindergarten.

In Ohio it was felt that many teachers would not take initiative until and after it had been demonstrated by the state supervisor that such discussions would prove interesting and invoke the eager participation of their pupils. Ohio was fortunate when the new position was named, a supervisor in *health* and narcotic education. This placed the emphasis upon "healthful living," not upon alcohol and narcotics, except as they affect health and social living. This made our program

Condensed from "Saying 'Don't' is Not Enough," *The Christian Science Monitor*, Boston, November 9, 1946. Professor Hamlin is Supervisor of Health and Narcotic Education, Ohio State Department of Education, Columbus, and author of "Acohol Talks to Youth"—from the physiology laboratory.

positive; it deals with the factors that promote good health and proper social behavior. It seeks to point out a "way of life" that will bring deep and satisfying experience to the individual and the community.

To achieve this goal, the schools must provide simple and accurate knowledge concerning the effects of the use of alcohol and narcotics, for this information may be as necessary to their pupils' success in life as that gained in their studies of English and mathematics. Teachers and parents should sponsor projects which will encourage their pupils or children to adopt hobbies and sustaining interests that will bring them greater rewards and compensations for their time, money, and leisure in contrast to the impairment, inefficiency, and frequently the disillusionment wrought by the effects of alcohol and narcotics.

Moreover, teachers and parents should not minimize the importance of established facts concerning the physical effects of the excessive, or even the moderate use of alcohol and narcotics. In driving an auto or piloting a plane, a little alcohol may be worse than much. This simple knowledge is most important to the background of their pupils' thinking. But it should be made incidental and natural to the discussion.

Integrate With Interests

To be presented most effectively, knowledge concerning alcohol and narcotics should be integrated with the natural and social sciences where it is a part of the subject matter, and can become a natural part of the discussion without arousing the suspicion of the pupils as to the motive for its inclusion. What is most to be desired is narcotic education which emphasizes health and good citizenship *first* and narcotics second.

Just to refrain from drinking, smoking, or the use of any harmful drug is not enough. Overeating, unwise dieting, malnutrition, insufficient sleep, overwork, faulty posture, excessive intake of caffeine (coffee, tea, cola drinks) and other drugs; unnecessary worry, fear, anger, hate, jealousy, nervous tension—any one or all of these factors may contribute seriously to the impairment of health and social behavior. Healthful living, therefore, should lead us to avoid habits and

conditions that undermine our hygienic, social, vocational and spiritual well-being.

In addition to swimming pools and playground facilities, there must be more and better libraries with good books for children and adults. Projects in music, art, drama, gardening, animal husbandry, travel, the writing of good literature as well as its appreciation, must be encouraged. Slums and slum conditions must be removed.

In this total situation the responsibility of the teacher, parent, or friend, is very great. They must not be unmindful of the powerful influence of "their example" on the thinking and habit-forming of youth. If drinking, for example, is necessary to their social pattern, they must not be unmindful of the psychological principle that such "examples" are powerfully suggestive to youth to do likewise.

Adapting Content

The foregoing principles are important to the modern, educational approach to alcohol and narcotics. Let us now turn to the content adapted to the mental level of the 12 grades.

In the primary grades, the talks are made very simple; deal with the health subjects that interest little children. Such topics as sleep (the Sand Man), play and work (muscles), cleanliness (teeth, hands, face), smiles (mental health), safety (alertness to danger), and what makes them grow (milk, meat, fruits, vegetables, cereals), are very real and interesting to them.

The emphasis is made upon good habits, and just enough is said in appropriate places about alcohol and tobacco to help them to see that their use is to be avoided. Of all groups, this is probably the most strategic so far as the future health habits of the nation are concerned.

The intermediate grades are "budding scientists" with not a semblance of embarrassment or sophistication for any topic discussed, such as to be found in the high school. No discussion should ever be carried on in this group without giving them an opportunity to ask questions. They want to know "why" smoking and drinking are harmful.

High School Groups

Results are obtained in the high school groups when the talks are conducted as forum discussions in answer to ques-

tions on any aspect of health and social behavior that the pupils may wish to ask. Their questions should be prepared in advance, as this planning creates a health "atmosphere" that insures success. High school pupils seem to like this "Professor Quiz" type of program, for it gives them a share in planning it and affords them an opportunity for more complete information about their health interests and problems. Such a discussion is thrilling both to the pupils and the speaker.

The author has tried to make the foregoing account representative of the growing, changing, modern approach in the education of youth concerning the risks that accompany the use of alcohol and narcotics. You have observed in this progress report a transition in emphasis from the purely physical effects, in earlier periods, to the more significant social consequences that we stress today.

THE NEW COLLEGE CONTEST

THE GUEST EDITORIAL, "The New Freshman Takes Up Drinking," by Roger Haddon, Bucknell University, is the first in a series expressing college student opinion, that will appear monthly in *THE INTERNATIONAL STUDENT*. It has been awarded the first monthly prize, and will compete for the annual awards after June 30.

College students who send their editorials in the early winter months, will find less competition for the monthly prizes, since last-minute entries in the spring months will make competition stiffer at that time.

The annual prizes are \$200 first, \$50 each for the next two, and \$20 each for the next ten, in addition to the monthly awards. Editorials should be *between* 600 and 800 words in length, and treat the general theme, "Outgrowing Alcoholic Culture."

For information, including regulations, suggestions, list of reference books and entry, write the Contest Secretary, Edward H. Maynard, 909 Webster St., Chicago 14, Ill. All correspondence and papers relating to the contest should go to that address.

THE NEW FRESHMAN TAKES UP DRINKING

By **ROGER HADDON**
Bucknell University

TAKE YOUR AGE. Divide that figure by the number of drinks (beer or higher octane) that you downed before coming to college. If the answer is 2.2 or less, you may as well go on to the next editorial, because this one has nothing to do with you or your type of drinker.

If your answer is above 2.2, you may be interested in reading on. For, if such is the case, you have done one of two things since coming to college: (1) you have remained almost or entirely "dry," or (2) you have taken up bottle-drying as a part or full-time pursuit.

One of the distorted Hollywood views of American college life is that the "rah-rah" spirit has to be preserved in alcohol, that you just don't "belong" unless you spend a few nights each week around or under some genial bartender's table.

The prevalence of this view is lamentable because of its effects on the new freshman. For it's rather pathetic, semester after semester, to count the number of new frosh who come to college with the idea that one has to be swept off one's feet to become properly molded to the campus pattern. It's pathetic, that is, when the new student, if he has never drunk before, takes up drinking in the process of being "swept."

When the new collegian yields to this impulse for the first time after coming to school, it is probably because of the fact that he hasn't had—or hasn't taken—the time to observe the actual place of drinking in college life.

Believe it or not, many perfectly normal students—a great number of the strongest leaders on campus, in fact—don't need the escapism of drinking.

This editorial is the first to win the monthly award in the new Guest Editorial Contest, sponsored by The Intercollegiate Association, among college students. Roger Haddon is editor of *The Bucknellian*, student publication at Bucknell University, Lewisburg, Pa., in which the editorial appeared, Nov. 7, 1946.

The point is that the new frosh should understand the existence of different types of college people. One need not be whisked away by the activities of one type or another, whether that particular type is on a liquid or solid diet. Neither need one be alienated from a particular group of friends merely because he has his own convictions on the question of alcohol.

As for becoming a "social drinker," if the new freshman who has not drunk before decides to take the social drinker's role, he may as well start crying in his beer from the very beginning. After all, no one will ever admit that he is a "drunk" or a "heavy drinker." "Just a social drinker, you know," is the usual easy explanation on the morning after.

These factors, it seems, lead to the conclusion that there actually can be more than one social stand on the matter of drinking for the first time at college. Whether a new student decides to go one way or the other after a comparatively dry beginning, it will not spell his social failure or success. He'll find plenty of friends on both sides of the question.

But if he professes to have any convictions, such circumstances may provide the first acid test of his sincerity.

SOCIAL RESULTS OF FAMILY BARS

TODAY INTOXICATING liquor presents a serious social problem. It should be viewed from its effect upon the individual and the individual's children. Family bars will certainly create a second generation of alcoholic children. Excessive use of liquor weakens the body, dulls the intellect, and moral senses, corrodes the soul and decreases the individual's chances for economic success. In general it results in lowering the standard of living for the victim's family. Alcoholism, with its increasing number of domestic tragedies, must be faced. The dictum of "know your capacity" must be repudiated. The present generation will soon learn by bitter experience, what has been demonstrated many times before, that only total abstinence is safe.—Samuel S. Wyer, Consulting Engineer, Columbus, Ohio.

A "LITTLE YALE SCHOOL" IN TORONTO

IN A THREE-DAY series of lectures and conferences, in September, Dr. E. N. Jellinek, Director of the Yale School of Alcohol Studies, included in the program in Toronto, Canada, sessions of particular significance in two of the colleges of that city—Knox and Emmanuel. Attendance included faculty members, leading citizens, ministers, social work and temperance leaders, students and representatives of Alcoholics Anonymous.

The approach of each program was objective, the lectures scientific, the seminars free discussion, presenting, as Dr. Jellinek said, the results of ten years of research at Yale in the department of Applied Physiology in which seventeen full-time workers are now engaged.

Among the facts brought out, were the following:

Evidence that there is an alcohol problem is indicated by the fact that numerous magazines and newspapers have recently carried stories on it. Newspapermen are pretty wise. They do not wait. If they devote so much space to a subject it is because they know there is a demand for such literature and know it will be read.

A Depressant

Alcohol is very definitely a depressant, not in the least a stimulant though the general public still thinks that it is a stimulant. Alcohol was once an important medicine but it is such no longer. At present there is no disease symptom for which some other drugs are not more suitable.

Alcoholism

There is no cure for alcoholism, just as there is no cure for diabetes—but it can be checked once an alcoholic realizes he does not drink like a normal person. There is only one way, and that is to show the alcoholic how to get along without it. He cannot drink at all. If he takes the odd drink for sociability or any other reason, the first thing he knows he is drunk again.

Forgotten Men and Women

In the war between the wets and the dries, men and women suffering from the disease of alcoholism are the forgotten men and women. Alcoholics Anonymous has shown it is possible to rehabilitate alcoholics, but any one single measure would be resisted. Controls applied alone would be useless. There must be a simultaneous treatment, with broad social measures. Drinking is a folkway and that should be realized. Bad habits are easy to change but folkways must be treated differently.

Why Schools Should Act

Replies to a questionnaire sent out by Alcoholics Anonymous, were analyzed by Dr. Jellinek. These showed that 30 per cent of the problem drinkers started heavy drinking between 17-21. Preventive work should therefore be done at the high school and college level. The drinking span lasted about 15 years for the younger groups and about 17 years for the older groups. Usually addiction does not appear in less than ten years.

Drinking Span

You cannot judge by the number of persons admitted to hospitals or mental institutions, for it takes 10 or 12 years to make an alcoholic, and if the admittance figures are increased today, it may be a reflection of the drinking habits of 10 or 12 years ago. It takes a man a long time to realize that he actually is an alcoholic. If you tell him he is, he laughs at you. You say "You were drunk yesterday," and he gives as an excuse, "I had a lot to worry about." You say: "Yes, but you were drunk the day before," and this time his answer is: "Yes, but I was celebrating."

About 10 per cent of alcoholics admitted to hospitals have alcoholic mental disorders.

Origin of Alcoholism

What are the origins of alcoholism? Some believe that there is a physiological predisposition but this is not certain. No one proved that there is a physiological allergy. This word is misapplied. What is meant is that certain people are more sensitive to alcohol. In a real allergy the subject does

not seek the allergy. Hay fever patients do not run after ragweed.

Dr. Jellinek does not rate the escape theory very highly. Why do drinkers take alcohol for their escape, instead of some other? A research laboratory can be an escape, so can novels, motion pictures or sports. There are many component parts in the escape mechanism of alcoholics.

There is no such thing as a pre-alcoholic type of personality. There is not very much in common in alcoholics. The distinctive traits have developed in the course of drinking. There are the same personality types in other diseases but no one can predict who will be an alcoholic, though one is more liable than another.

ARREST OF DRUNKS COST \$35.00 EACH

By **DEETS PICKETT**

IF YOU ARE a taxpayer, do not laugh when you see a police officer by a call box, holding a drunk while he waits for the wagon. Of course the drunk is funny; he wobbles along with a grin, shouting, maudlin. But your smile will disappear when you realize that the expense of the arrest to you and the public is about \$35.00.

This statement is predicated upon the assumption that the figures compiled by the Police Department of Los Angeles are typical. In that city, according to police statistics, every arrest for drunkenness costs the taxpayer \$35.00. The cost of handling drink-caused petty and serious crime is about one-third of the entire cost of crime to the American people.*

The sale and use of drink causes arrests for drunkenness, aggravated assault, rape, murder, manslaughter, disorderly conduct of various kinds, and other offenses.

Conditions are much the same in all parts of the country. The following typical case, from Massachusetts, is the record of David N., who was tried at various times in the courts of

Condensed from *The Clipshoct*, Washington, D.C., Deets Pickett, Editor.

Chelsea and of Suffolk and Essex counties:

DATE OF CASE	OFFENSES	DISPOSITION
June 12, 1916	Drunk - - - - -	Released
Aug. 3, 1916	Attempt to break and enter -	Probation; later dismiss'd
Mar. 19, 1917	Drunk - - - - -	\$5 fine. Appealed
May 3, 1917	Drunk - - - - -	\$10 fine.
Sept. 11, 1917	Lewd and lascivious conduct -	Case filed.
Sept. 21, 1917	Drunk - - - - -	Case filed.
Nov. 30, 1917	Drunk - - - - -	Case filed.
Nov. 30, 1917	Creating disturbance - - -	Case filed.
Nov. 30, 1917	Profanity - - - - -	Case filed.
Apr. 15, 1917	Profanity - - - - -	\$5 fine; suspended.
Jan. 17, 1919	Fornication - - - - -	\$10 fine.
Mar. 4, 1919	Assault and battery - - -	Case filed.
June 2, 1919	Drunk - - - - -	\$5 fine; appealed
June 2, 1919	Indecent language - - -	\$10 fine; appealed
June 2, 1919	Asst. and bat. on off. - - -	3 mos Hou. of Cor. Ap.
Aug. 9, 1919	Receiving stolen property - -	4 mos. Hou. of Cor. Ap.
Sept. 24, 1919	Profanity - - - - -	\$5 fine; suspended
June 9, 1920	Drunk - - - - -	Nolle prossed
June 9, 1920	Indecent language - - -	Nolle prossed
June 9, 1920	Asst. and bat. on off. - - -	Nolle prossed
June 9, 1920	Receiving stolen property - -	Probation.
Jan. 28, 1921	Drunk - - - - -	\$5 fine; suspended.
Mar. 14, 1921	Violating probation - - -	\$5 fine
Mar. 14, 1921	Drunk - - - - -	\$10 fine; suspended
May 10, 1921	Assault and battery - - -	\$25 fine; appealed
June 21, 1921	Assault and battery - - -	Nolle prossed
May 14, 1921	Rescuing prisoner - - -	6 mos. Hou. of Co. Ap.
June 24, 1921	Rescuing prisoner - - -	Nolle prossed
Nov. 9, 1922	Violation Auto. law - - -	\$10 fine; appealed
Dec. 19, 1922	Violation Auto. law - - -	Filed; \$5 costs paid
Feb. 14, 1923	Op. after suspension - - -	\$50 fine; suspended
Oct. 24, 1923	Violating Auto. law - - -	\$5 fine; paid
Oct. 30, 1924	Receiving stolen goods - - -	3 mos. Hou. of Cor. Stay of ex. later changed to 1½ yrs.; com.
Jan. 20, 1925	Conspiracy and lar. - - -	2½ yrs. Hou. of Cor; stayed on executions
Feb. 25, 1925	Larceny of auto and receiving stolen auto - - - - -	Filed the case

*Dr. Ralph Banay, Former Chief Psychiatrist of Sing Sing Penitentiary, and other authorities.

The sheriff called it "a free for all fight"; at the railway yards five arrested for "intoxication and disorderly conduct."
—*Colos. (Ohio) Citiz.*, Oct. 27, '46.

* * *

"Sales Honeymoon"

The National Beer Wholesalers' Association, which has been holding its convention in Chicago, labels the four years of the World War 1942-1945, as a "Sales Honeymoon," "which the brewing industry, from brewers, to wholesalers, to retailers, has enjoyed since 1942."—American Business Men's Research Foundation, Nov., '46.

MODERN APPROACH TO THE ALCOHOL PROBLEM

(Continued from Page 72)

susceptible to alcohol than the average man. But many others—the majority of all addicts and inebriates—have become what they are as a result of social drinking, of their habit of depending on alcohol in social intercourse. By these two routes come the alcoholic, the “sick man” who needs treatment, not punishment as a violator of the code of his group.

It has been estimated that of the 750,000 alcoholics in the United States, 40 per cent are so because of personality deficiencies, inherited or acquired; that 60 per cent have reached this stage through years of social or so-called moderate drinking. Probably a similar ratio prevails as to the total 3,000,000 inebriates.

That alcoholism is a plague to human health, is a scientific conception of recent years; it is one of the four greatest health plagues. The antics of a drunk man, therefore, cannot be taken lightly, as a mere expression of immorality, a misbehavior, an intoxicated misdemeanor, to be ended by a night in jail. Too often his conduct is an outward expression of serious inner conditions that mark him as mentally and emotionally, if not physically, ill. For his care the understanding and service of an expert are required—those of the ex-drinker, the A.A., who understands him, the psychiatrist, the doctor, the trained minister. These experts are able to give him what he needs. But a re-educated community, family and public may aid by drastically changing their punitive to cooperative attitudes, by making provision for sending the frequent drunk to a hospital, by giving this sick man a chance to “come back” by the route of abstinence which for him is absolutely essential.

Public Health Problem

6. Recognizing alcoholism as a matter of health, and the alcoholic and many “excessive drinkers” as ill, emotionally and mentally, sometimes physically, as well, gives the problem a new and decisive place in Public Health. The question is no longer one of mere intemperance or temperance. As a subject of public health, it demands—and is beginning to receive—a different position in public attention.

"With tuberculosis, cancer, syphilis, mental disease and infantile paralysis receiving competent and intelligent medical attention," said Dr. Winfred Overholser, St. Elizabeth's Hospital, Washington, "we now have alcoholism as the greatest public health problem of the present time that is not being systematically attacked." In patients reported, its 750,000 alcoholics may be compared, roughly, with the half-million each of tubercular and cancerous patients in this country at one time. "The rich and the poor, the highly intellectual and the ignorant, the frail and the robust, the shy and the apparently bold, the worried and the seemingly care-free, all furnish their quota of inebriates," wrote a leading psychiatrist.

Most vital, as an illness, is the depressing effect of alcohol on the functioning of the brain and nerve centers. Even before such indulgence as is popularly called excessive, mental activities are depressed to a degree that can not be called healthful. In advanced cases it is to the hospitals for mental disorders and to the sanitariums that shield wealthy inebriates from the public gaze, that we look for the final results of alcoholic culture, as well as to the continuous stream of repeating drunks coming from the police courts.

The question of alcohol may now be studied and treated as are other great scourges to health; its sources sought, its distributing centers discovered; its "carriers" identified; its prevention and cure undertaken scientifically on similar lines.

Community Sources

7. Seek and identify the various sources from which alcoholic disorders come, and the communities in which they are most frequently found.

The problems of over-crowded living, of city slums and mining-camp shacks, of neglected and mistreated child life, of run-down rooming sections, of increased tension in ordinary daily living—and a hundred other factors—are related as contributing sources to alcoholic release, heavy indulgence and matured "alcoholic sickness." Their share in the total liquor picture of today may not wisely be overlooked.

But many great improvements have been made, real sociological reforms accomplished; sources of infection that

spread sickness have yielded to community sanitation and preventive medicine. So may the corresponding agencies that initiate and develop alcoholic illness, although it is in no sense a germ disease, be sought out, studied, identified, and made iron-toxic or eliminated.

Those sources that are of personality, heredity, childhood neglect or similar origin, will require the aid of the expert, the physician, minister, social worker; also, community improvement, more playgrounds and better incomes. But those that are of cultural origin, group practices, economic enlargement, *in addition*, call for changes in public attitudes, for *intelligent* and *concerned* public opinion. Legal restriction and removal by democratic processes will be required when education and health measures are found to be insufficient. For the right and power of the people to protect themselves from the means to alcoholism, liquor, and its community consequences, have been tested and established.

Social Patterns

8. Examine frankly the influence of the social patterns set by those groups that extol as a privilege, without concern as to consequences, the traditional upper-class drink customs of polite society.

For without their knowing, these customs and their social sanctions spread out among the groups and classes who envy them or seek to climb where they are. Broadcast nightly to the millions and millions, through the "movies" and glamorous trade advertising, there results a vast sifting process that starts and keeps many in the way of drunkenness, many of lesser personality, who tend to follow the sense-gratifying patterns thus given high endorsement.

In modern society, as the economist Thorstein Veblen said, "the members of each stratum accept as their ideal of decency the scheme of life in vogue in the next stratum, and bend their energies to live up to that ideal."

Is it not, then, a basic part of the modern approach to the alcohol problem that the leaders of influential society, a very minor percentage of the whole, become aware of their responsibility for the practices that result in disaster to millions—these very millions who, because of their limitations, their unhappiness and their personal deficiencies, *feel most*

keenly a need for that which alcohol seems to give?

Why should not fashionable drinking be examined—that at formal dinners, alumni banquets, the clubs of “big business”, the dinners of political leaders in state and national capitals, the cocktail parties, the after-dinner customs of the socially elite? Why not evaluate them in the light of modern scientific knowledge? Of social psychology? Of ordinary observation of how they influence the lives of the unthinking who, more or less consciously follow the fashions of “the privileged?” Why not analyze realistically—or de-bunk—the welter of literary tradition that has grown close around the milder stages of intoxication? Around expensive wines as the accepted means of celebration, ceremony, conviviality?

Initiating Centers

9. The part that customs and fashion play in initiating and continuing occasions of alcoholic intemperance and its perennial “crop” of inebriates and addicts is significant.

Practically all drinkers, moderate and excessive alike, even the addict whose personal inadequacy is his chief trouble—had their beginnings in a social group, in their young, less-knowing days. Friendly invitation, suggestion, the desire to meet expectation, especially *not to be different*, queer, “a wet blanket,” are the starting points of occasional, moderate and heavy drinking alike. Thus youth of all degrees of alcoholic susceptibility, all shades of mental and emotional make-up, “problem children” and those without a problem—are exposed to the attractions of alcohol, encouraged to enjoy it, find release in it, and count upon it, until *without knowledge of what is happening*, a sense of dependence upon it has been established.

And for some at all levels of daily living, this habit of looking to alcohol for what it gives, is not, or cannot be broken until a stage is reached that requires the aid of a specialist. In every group, of course, there are many who are not appreciably affected, but the number that are, is serious—a basic fact of the alcohol problem. As a sifting out process of those who are susceptible to alcoholic excess, the group customs of a community constitute a fundamental source of the problem today.

The distributors, therefore, of alcoholic desires, the "carriers" of alcoholic sickness to those of little or no resistance, are drink customs, social drinkers, and the group approvals back of them. They spread among those who are susceptible and those who are unable to resist, the peculiar desire that, for many individuals in every generation quickly or slowly, becomes dominant over even the desire for food, clothing, family self-respect, as vividly seen in "The Lost Week-End."

Popularizing a Source of Illness

10. Examine the newspaper, magazine and radio advertising of today—the \$75,600,000 spent thus annually in its selective effect of sifting out and starting toward "excess", the immature, the emotionally disordered; the over-tensioned—all who, more quickly than the average, tend to become the "alcoholic sick."

Recognizing alcoholism as a long-neglected and serious problem of public health, now beginning to be effectively undertaken by medical men, psychiatrists and welfare workers, the systematic promotion and extension of the essential means to alcoholism, its increasing use, has become something very different from ordinary trade advertising. It must be regarded as a substantial obstruction to the advance of new health measures, since it helps directly to initiate and to extend consumption among all types of people, including those who are potentially alcoholic, or in any stage of progress toward becoming so. It is bound to retard curative and to confuse preventive efforts, by its never-ending impact on those whose lack of character and inexperience leads them most quickly into heavy drinking. It serves thus as a "carrier" of alcoholic sickness.

In other health matters, modern preventive medicine quarantines against the sources of illness, the carriers of infection. It has tagged the fly, the mosquito, impure water, tainted milk and meat, the floating germs in the street-car. They are being identified, isolated, controlled or eliminated. Typhoid fever, seriously prevalent a generation or two ago, has almost been wiped out; other great scourges have almost been stopped in their tracks.

Why should the essential element in drunkenness and "alcoholic sickness" be continuously popularized, advertised and promoted?

- Profit-seeking as Source

11. That a great commercial traffic, found everywhere, is ready to supply unlimited quantities of a brain-depressing article for pleasure purposes—one that leaves extra heavy burdens on the community—is a fact that can not be ignored. As in the past, it is obvious.

The industry exists, of course, as a reflection of these public attitudes and customs that appreciate and support it. Yet the traffic, costing over \$7,000,000,000 a year, and these attitudes, constitute a continuing and obstructive factor to any new alcohol-and-health approach, now as they did to other emphases in the past.

To underestimate the promotional influence of organized liquor, would be un-realistic. To its advertising, economic and political appeals, the public must be intelligent, not gullible. To counteract such influence in a democracy of free speech, vast public discussion, counter-propaganda and basic education, are fundamental to any and all other efforts. To gain control, legislative and other legal steps remain, as heretofore, a part of any large program of procedure. It can not be assumed that this problem can be solved without the aid of law, acquired and supported by large majority opinion in each community. For the depressing effects of alcohol make the business in it a business in the exploitation of human tensions, fears, inferiorities and excesses.

Financial interests that profit from slum ownership usually oppose the changes demanded by sanitary and health requirements, if such changes tend to reduce their income. Liquor investors can hardly be expected to take a higher social view of any movement to aid the "alcoholic sick" at the source.

Constructive Course

12. There is a place of peculiar privilege for strong and socially stabilized men and women in the Modern Approach to the Problem of Alcohol: It is that of a voluntary

choice of those social attitudes that accord with the natural "way of life" and of leading the culture of today in freeing itself of alcoholism.

Responsible citizens who see little or no injury to themselves in accepting alcohol, may well take into account their place of influence in the community, may frankly accept the choice of a non-alcoholic life as their part in the new, comprehensive program that scientific understanding now makes necessary to reach solution of the age-old problem of drunkenness. In so doing, they will express their own, mature sense of social responsibility. They will act in their larger self that looks beyond the Ego, to the outworking of conduct and leadership into the lives of other people.

Those who feel that beverage alcohol is desirable in social intercourse, and that vastly larger number who count on it for a sense of release at the end of a day of toil and strain—and *all others who usually remain moderate*—will thus be making their own higher choice of satisfactions, when they discontinue practices that in every walk of life leave a blight on the lives of millions. In their relative immunity, they will think of "the other fellow", of those who cannot, or do not, and never will remain moderate. The man of strength is no less, but more, strong when he refuses to add to the unhealthy social pressures that burden the less strong, the less knowing.

Here we reach *the heart of the alcohol problem*. For until men and women of social prestige are willing to set aside the overly attractive custom that they may not themselves "abuse", the removal of the sources that initiate alcoholism will be difficult, if not impossible.

Positive Appeals

13. The non-alcoholic life that does not count on a drug for happiness, is the natural, healthful, FREE life. Exalt this ideal, keep it to the front in all educational activities — among youth and the general public.

The gaining of release from tension and strain by play, recreation, music, a variety of activities, and the emotional and social thrills that accompany them, is natural, normal, constructive. The result is lasting satisfaction and growth in personality and social living. The non-alcoholic life offers the

"norm" for a growing civilization. Alcohol satisfaction is short-lived, at best, followed often by a "hangover" the next day and in personality and home deterioration. The pleasure it offers is illusive since it removes no cause of unhappiness.

To strengthen weak personality; to emphasize healthful activities; to give attention to positive, rather than negative motives and interests; to enlarge desire for that which is better, rather than to arouse fear of consequences that are injurious, are the most far-reaching of all emphases in counter-acting alcohol.

For with the cultivation of normal attitudes and activities, in home and school, and a reasonable share of scientific knowledge, the pressure of unhealthy community practices, in large part, may be countered in advance. The tradition that alcoholic satisfaction is something to be desired; that it appears to be necessary socially; that it gives release from inferiority and unhappiness, will, for the most part, come to be accepted by growing minds as unreal, a drug short-cut. They will have learned that satisfaction comes through overcoming, not evading, the realities of life. Carried *widely and continuously over many years* into home, school, church, and community, this educational approach is the most fundamental of all that can be undertaken toward solution of the alcohol problem.

Over Simplification

In the past many efforts to do something practical about liquor have yielded smaller results than they should, because they did not take into account the problem as a whole, or seek to reduce its entanglements with other problems of daily living. Directed toward definite parts of the issue, these parts came to occupy the whole field of view. This oversimplification made for ready results, for progress in specific areas —local option, for instance —but not always for permanent solution. The real significance of alcoholic satisfaction has long been underestimated; its strength, the roots of its strength; its hold in tradition; its spread and its spreading agencies.

Popular understanding is even more one-sided, the aspect most easily seen. Symptoms sometimes are doctored and sources overlooked. Street drunks are sent to jail, instead of

the hospital; saloons are banished and return as taverns. Night clubs are made attractive, brilliant advertising is made to suggest restrained dignity and moderation. But spreading usage continues to sift out and start toward excess increasing numbers of those whose emotional make-up or childhood and community experience are such that they cannot resist the anesthetic attraction of the drug alcohol, coming as it does, with social approval. Public control by the state is undertaken, but alcoholic accidents and death continue undiminished. This most complicated of social problems is, and for years has been, over-simplified as to approach, proposed solution and estimate of its sources of strength.

It is not sufficient to promote highway safety, to restrain drinking drivers from driving and tipsy walkers from walking; to control heavy drinkers; to limit supplies of liquor for those who draw too heavily on the family budget, who "sell the baby's shoes for booze"; to understand and help "problem drinkers"; to rail against "excess," since no one knows where excess begins; to consign the drunk to the hospital. All these are necessary and must be continued on a greatly enlarged scale as curative services.

Comprehensive Approach

From the viewpoint that both scientific knowledge and practical study reveal today, solution of the alcohol problem must be approached from many sides. Its sources of influence and strength must all be made real and vivid, then undermined by wide and continuous school and adult citizen education.

No one approach or field of service is enough when standing alone; curative, preventive, legal, educational—all are necessary, because of the complexity of the problem itself. For study and instruction, especially in the schools, and in public adult education and propaganda use of scientific information, a view of the whole problem and its sources, should not be absent from the background. And this approach will be realistic, since it includes the many influences that play and interplay in producing alcoholism.

Both immediate and long-time programs are imperative. These new programs must be realistic, vitally close to the urge of human need, such as that of the alcoholic and his family; yet they must be ready to prove themselves in cold,

objective measurements of facts and trends when challenged. And they must be an outgrowth of the decidedly new situation of today.

A better understanding of the whole problem and its significant parts—its many, many aspects—is now available. The resources of experience and scientific knowledge are richer than heretofore, more easily available. A constructive approach, broad enough, deep enough, continuous enough and of long enough range to undermine all the known sources of alcoholism—personal, social, economic—and its degrading consequences in human living, may now have a confident beginning—a far more consequent beginning than at any previous time in the century of experimentation. For those experiments have brought out both the size of the job to be done and the serious necessity of doing it.

For the future, basic education and programs of improvement may well take the comprehensive view that seeks to examine all the *sources as well as the consequences* of such an anesthetic—or narcotic—drug in daily living. To this end free discussion, in an atmosphere of “give and take,” is especially desirable in youth and adult groups; authoritarian statements and attitudes are not readily accepted, since several generations have grown up under discussion procedures in the high-schools and colleges.

And this method is the way of growth in public opinion, for the expression—and examination and correction—of divergent views and segments of scientific and other information.

Educational Leadership

Such educational service calls for the leadership of those who have the special knowledge and experience required. It can best be rendered by college and university leaders. It is a special service that the leaders of higher education may give to their communities and the nation. It will not be education in the sense of being handed-out instruction; it is a process of democratic self-education among citizens who are willing to think and to accept responsibility for changing attitudes and creating effective public opinion on this crucial, controverted problem and its ramifications in the culture of today.

A local community and state opinion thus built, will be able to face drunkenness and alcoholism at their most popular and least excusable sources, the customs of those who give alcohol its social prestige, and the profit-motives of those who give it strength. For these forces multiply but do not restrain its spread and destructive consequences. Normal, healthful living must be quarantined against their encroachments.

Free Culture from the Cult

An enlarged program is now necessary. It should be more inclusive, but not less vigorous, than any such program of the past. In largest part it must be educational—education that does not ignore, but reaches, all the influential sources of the liquor problem in modern society. As such it can not be conducted in the spirit of the reformer, although reform will continue to have a place in the program as a whole. It will be infused with the spirit and objectivity of the teacher, the discussion leader, the seeker after truth “lead where it may.” If there is anything to be learned from the history of the past fifty years, it is that reform and political activity can solve but parts of the alcohol problem—and those parts only when other approaches are proportionately developed. Law and legislation will be necessary; local veto and decision are tested methods of meeting local needs; propaganda as a form of public enlightenment has a constructive service to render; when properly used, it expresses tested truth, but it is dangerous if used to mislead the public.

For the near future, and for a long time thereafter, wide popular educational activity of many forms, in the objectivity and spirit of the educator, will be continuously necessary and most constructive.

As ultimate aim, it may be well to vision a steady growth in the natural, healthful culture that has freed itself from the dead-hand of its alcoholic past. Nothing less can be implied if the accumulated scientific knowledge now available is constructively interpreted and used. For the cult of toxic pleasure, sought and temporarily obtained through depression of the highest creative and control centers of human personality, the very functioning of man's intellectual and spiritual

capacities, is abnormal, an obstruction to civilization. It should be replaced by that which it has displaced in healthful living.

To accomplish this will be a world adventure in the seeking of freedom. The task of accomplishing it, as is that of the delegates to the new United Nations' conference, is the *creating*, with gruelling persistency, of *something* that has not heretofore existed—a way of intelligent human living, increasingly freed from its devastating, savage traditions of gaining satisfactions by either alcoholic or military intoxication.

CULT OF TOXIC CULTURE

*Seek the Truth
Come Whence It May
Lead Where It Will*

DRINKING and having a good time, drinking and smart living, drinking and style, drinking as a sign of conspicuous spending, drinking as a sign of good fellowship, are all being drummed into the American mind by radio, press, magazine, and billboard. Addressed to emotionally mature adults, such advertising would be comparatively harmless; addressed to immature youth, boys and girls still in their teens, it produces a yearning for the romance of alcohol.—DR. ROBERT V. SELIGER, M.D., Johns Hopkins Hospital, quoted in *Ladies Home Journal*, Aug., 1946.

* * *

The Other Side

When certain interests in this country are using newspapers, magazines, movies, and radios, to entice youth to drink alcoholic beverages, smoke cigarets and make heroes of criminals, these youths should be given the other side of the life picture.—ROGER BABSON.

* * *

Alcoholic Parents

There is no factor in modern civilization even comparable to alcoholism in the extent to which it causes parents to

neglect and cruelly abuse their children.—ELWOOD F. NELSON, Judge of the Family Court, Wilmington, Del., *Christian Advocate*, July 18, '46.

* * *

Drinking Drivers

One out of every five persons found guilty of driving while drunk has been involved in an accident. . . .

The individual who deliberately endangers the lives of others by drinking, then driving, constitutes the greatest menace to highway safety today —COL. AUSTIN R. KILLIAN; State Police of Indiana.

* * *

That Beer Daze

A 23-year-old student shot and killed his 34-day bride in their trailer-camp home, "while in a daze," after returning from a fraternity house where he drank five bottles of beer. —News dispatch from State College, Pa., *Columbus (Ohio) Citizen*, Oct. 27, '46.

* * *

"Substitute for Living"

In the current Broadway theater the virtues of alcohol as a stimulant, sedative, and indeed substitute for living, are extolled with often delightful persuasiveness to the point where it begins to seem as if anyone who stays sober for an extended period of time is a dolt.—KILGALLEN, Voice of Broadway, *Ohio State Journal*, Nov. 14, '46.

* * *

Substantial Questioning

That a substantial share of the people of the United States seriously question liquor as a beverage, and its whole cultural background, and that this questioning has remained constant—slightly increasing—for thirteen years, is a fact of great significance. The trend of "dry" sentiment, as shown by nine Gallup Polls in this period, is as follows: 1933, 30 per cent; 1936, 33 per cent; 1938, 36 per cent; 1940, 32 per cent; 1942, 36 per cent; 1943, 34 per cent; 1944, 37 per cent; 1945, 33 per cent; 1946, August 31, 33 per cent.

One out of every three adults, 32 per cent, say they are total abstainers; of the 67 per cent who say they drink, one in four drink only beer and wine.

ALCOHOL SCIENCE AND SOCIETY

AN ALL-OVER UNDERSTANDING

NO BOOK of recent years—if ever—has brought to the public such basic, such widely-comprehensive, and so much information of a scientific and educational character, on the problems of alcohol, as has *Alcohol, Science and Society*, issued recently at Yale University.

In twenty-nine chapters, almost every scientific phase of the problem is brought to the front, discussed in the light of latest research, and given to the public. Twenty-four distinguished authorities, each an expert in his field, present the information available on "The Problem of Alcohol," "The Physiological Effects of Large and Small Doses," "Alcohol and Nutrition," "Effects of Small Amounts on Psychological Functions," "Drinking Mores of the Social Classes," "Children of Alcoholic Parents," "Alcohol and Aggression," "Alcohol and Complex Society," "Economic Aspects of Inebriety," "Alcohol and Traffic," "Philosophy of the Temperance Movement," "Analysis of Wet and Dry Propaganda," "The

Fellowship of Alcoholics Anonymous," and other phases vital today.

The book contains the complete lectures of the Yale School of Alcohol Studies, Summer of 1944; each lecture is given in full, together with the abundant discussion that followed each. Published by *The Quarterly Journal of Alcohol Studies*, New Haven, Conn.; 473 pgs., \$5.00.

Special new full-text edition, including all discussion, paper binding, 1946 printing, \$2.00.

The Intercollegiate Association,
 12 N. Third St., Columbus 15, Ohio.



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E FEBRUARY
1947

THE
INTERNATIONAL

STUDENT

OF LIQUOR IN LIFE TODAY

In This Number --

Laying Foundations for Educational
Advance.

A Campus Program.

Coaches of 1946 Express Themselves.

An Approach to Social Drink.

Using Scientific Information

To Aid Solution.



A CAMPUS

VIEW

MIAMI

UNIVERSITY,

OXFORD, OHIO

See page 102

Democracy
is something
deeper than
Liberty; it is
Responsibility

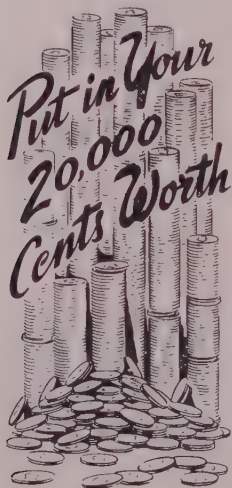


THE INTERNATIONAL STUDENT

February, 1947

Volume 44, Number 4

HARRY S. WARNER, *Editor*



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LAYING FOUNDATIONS

FOR RENEWED EDUCATIONAL ADVANCE

Editorial

A NEW FORCE and a *corresponding leadership* are coming into the movement for solution of the Beverage Alcohol Problem in the United States. They come as a new resource, a constructive addition, that is receiving public attention and cooperation that goes far beyond anything that those seeking solution have imagined in their past 150 years of earnest activity.

This new resource is that expressed by the leadership that various universities, many colleges and state boards of education have begun to take in encouraging scientific and educational understanding of the problem, in promoting public education and scientific research, in publishing the results of study and research for public service, in promoting advance discussion among leaders, and in offering effective instruction in and through the schools, from the grades to high-school and college. Also, as a small but significant beginning, must be included the discussion that is beginning to be done by students, their self-initiated efforts to meet the situation that many recognize as calling for a renewal of attention, study and action, to counteract the spread of alcoholic custom.

Where Occurring

The most recent indication of growing interest in this new approach, is the two-day campus-conference at Miami University, Oxford, Ohio a state university, January 9-10, 1947. A year ago, there was a three-day institute of advanced character at the University of Minnesota. The most outstanding leadership, of course, of this character, is that of the Yale University of Alcohol Studies, which has just announced its fifth annual session for the summer of 1947; the most unique, perhaps, was the Forum-Conference at Ohio State University, two years ago, in which four departments, the University Religious Council, and the State Board of Education, sponsored a program that specialized in the use of Yale experts. These conferences have been accompanied by similar, although less-spectacular, activities in other universities and colleges, and

by a greatly increased use of experienced college professors and other experts in local college, high-school and other educational centers, and by the systematic training offered in 25 or more teachers' colleges. At the same time, the work done by full-time directors in the state departments of education of five states has increased and deepened greatly in the scientific approach in the past few years.

Intercollegiate Association as Aid

For thirteen years, The Intercollegiate Association for Study of the Alcohol Problem has been seeking to encourage just such leadership, sustained and scientific education on the alcohol problem by and under college and university auspices. Six years ago it held a conference in Washington, to help extend these ideas and to encourage renewed action through college leadership. For forty-seven years it has been working exclusively among colleges, the first twenty-five years as a student organization among students; later, among both faculty members and students.

Basic to All Programs

There are many different ways of seeking to aid solution of the Alcohol Problem; but there is only one that is *basic to all*, to educational as well as other activities, agencies, organizations, movements — that is, to REACH AND WIN, through modern scientific education, the intelligent devoted support of the "leaders of the coming leaders of public opinion."

And the most self-multiplying service that can be rendered in through (1) college students; and (2) high school teachers.

FOR THIS simple mathematical reason:

1. That 5% of the general public think, act, initiate.
2. 30% follow intelligently and discriminatingly the leadership of the 5%.
3. 65% just drift, pay little attention to anything before it happens.

If the MAJOR portion of anti-liquor attention and financial support could be applied for a generation to the 5% and the 30%, SOCIAL CUSTOM and PUBLIC OPINION could be so changed and a SUFFICIENT FORCE OF LEADERS developed to make possible the removal of the

Liquor Cult, by Democratic processes from American Culture.

Constructive Emphasis

The Intercollegiate Association has been emphasizing, in recent years, this positive approach; That THE NON-ALCOHOL "Way of Life" is the NORMAL WAY OF LIFE—that dependence on mild stages of intoxication for social enjoyment or escape from tired feelings, is mere drug-escape—a "crutch for lame drunks."; that leadership to change the cult of alcoholic release, of escapism and unhealthy indulgence, naturally must come from colleges, and their alumni now in positions of social and public influence.

Eight years ago, May, 1939, *The International Student* in an editorial, "A Neglected Emphasis" asked:

"And why should not the prestige of social drinking be questioned—the drinking at alumni banquets, formal dinners, cocktail parties, the clubs of 'big business' and lesser business, the afternoon gatherings of the socially elite? Why should not these customs be evaluated in the light of modern scientific knowledge? Of practical experience of how they dominate the lives of millions who follow unthinking the fashions of the 'privileged'? Why not analyze realistically—or debunk—the welter of literary and social traditions that have grown close around the milder stages of alcoholic intoxication through past ages? Such a service can best be given by college and university leaders, for the college community, the state and the nation."

SOCIALLY CONSCIOUS CITIZENS

The voluntary choice of attitudes and conduct that accord with the healthful, natural "way of life," rather than with the artificial short-cut to pleasure afforded by alcohol, is a part that responsible citizens, who see no injury to themselves in moderate indulgence, may frankly accept as theirs in the comprehensive, new program now necessary toward solution of the alcohol problem.

In doing so, they will be expressing their own, matured social personality—the self that sees the actual work-out of influential conduct into the lives and customs of a people.

A CAMPUS PROGRAM AT MIAMI UNIVERSITY

OXFORD, OHIO

TO INFER hastily that college students today, or their teachers, are not interested in the beverage alcohol problem or ready to do something constructive, would be the opposite from accurate, if what occurred at Miami University January 9-11 is in any way a fair indication. For on those two and one-half days seventeen different groups and classes, beginning with one composed of sixty student leaders and faculty members, faced the problem, frankly and freely, in hour after hour of speaking, questioning and discussion.

The occasion was a campus visit, arranged by university leaders, by Howard E. Hamlin, Ohio Board of Education expert on Health and Narcotics, and former Professor of Physiology at Ohio State University and Simmons College, Boston. With the additional background of contact with and attendance at the Yale University School of Alcohol Studies, Professor Hamlin brought to the discussion of the problems of liquor today a *freshness of view and a background of understanding* that appealed to and won the cooperation of students and teachers alike.

The seventeen group sessions averaged from 60 to 70 in attendance; they included classes in Chemistry, Physiology, Physical Education, Home Economics, Education and five fraternities and sororities; also, in larger sessions, addresses at the University and City High Schools, accompanied with questions and discussion. An increase in interest and attendance was noted from the first to the last day of the series.

A brief talk, based on specific scientific material related to the immediate interest of each group, followed by student questioning and answer, was the usual procedure. This program helped to bring out those parts of the alcohol problem that were of immediate, often vital, interest. Such questions as the following were frequently asked: "Can one be socially acceptable today if he does not drink?" "Is alcoholism a true disease?" "What can be done to correct the drinking trend

of today?" "Is not the ease with which we go into drinking, due to the freedom which we infringe on other habits of living?" "What are the signs of oncoming alcoholism?"

Some of the college groups included as many as 200; free discussion marked each session. One student expressed what seemed to be the attitude of others, that he was "amazed that this topic could be so interesting." Following one Chemistry class the students remained an hour after the talk, questioning and discussing. Faculty members expressed high appreciation of the program as a whole and the trend of renewed attention to the seriousness of drink that developed.

COACHES OF 1946

EXPRESS THEMSELVES

IN A JOINT STATEMENT, released in December, 1946, by Allied Youth of Washington, D.C., college and university directors of athletics expressed themselves regarding the use of alcoholic beverages, as follows:

"Competition has been stiffening in all branches of sport. High school and college teams are being chosen from a widening segment of likely candidates. Being 'in the pink of condition,' physically and mentally, was never more essential for the young athlete who wants to rate high in competitive sports.

"We who direct and coach in intercollegiate athletics have found that much matters beyond a candidate's current physical condition. In choosing men for a team we must look ahead to the effect on the man of being admired, publicized and imitated, if and when he attains excellence in his branch of sport. He must have force of character to say 'No' to alcoholic drinks, in season and out of season, if he is to stay at top form in his coordination of muscles and nerves to retain stamina. No small part of the team's morale is the realization by each member that he is personally bound to abstain from alcoholic indulgence—in fairness to what his teammates likewise accept as part of the cost of athletic achievement.

"There is no competition between drinkers and non-drink-

ers for a place on any team that rates well in athletics. The drinker cannot stand the pace of competitive sports. The drinker does not have the confidence of his teammates. Alcohol-free living is the only choice a boy or man can make, if he wants to go places athletically!"

The group message was signed by the following head football coaches:

Ike J. Armstrong, University of Utah
D. X. Bible, University of Texas
Bernie W. Berman, University of Minnesota
Paul O. Bixler, Ohio State University
Henry T. Bream, Gettysburg College
Wallace Butts, University of Georgia
Roy B. Clogston, St. Lawrence University
Beattie Feathers, North Carolina State College
Grant Feeser, Lebanon Valley College
Henry Frnka, Tulane University
Charles W. Havens, Western Maryland College
Allyn McKeen, Mississippi State College
D. O. McLaughry, Dartmouth College
L. R. Meyer, Texas Christian University
Ray Morrison, Temple University
Jess C. Neely, Rice Institute
Homer H. Norton, Texas A. and M. College
Don C. Peden, Ohio University
E. L. Rimmey, Utah Agricultural College
Carl G. Snively, University of North Carolina
Amos Alcnzo Stagg, College of the Pacific
Marvin A. Stevens, Brooklyn Dodgers Professional Football Team
Raymond Wolf, University of Florida

Also by the following holding other administrative positions in athletics:

Lewis P. Andreas, Director of Athletics and Physical Education, Syracuse University
Madison Bell, Director of Athletics, Southern Methodist University
Lowell Dawson, Buffalo All-American Football Club
Aldo Donnelly, Assistant Football Coach, Columbia University
Don Faurot, Athletic Director, University of Missouri

In postscripts several coaches added comments as follows:

"I am definitely convinced that alcoholic beverages are a hindrance to athletes, as far as their over-all physical ability is concerned. These completely slow up reaction-time. We have absolutely no time for any boy seeking a place in our squad who feels he cannot forego the use of alcohol."—Paul

O. Bixler, Head Football Coach, Ohio State University.

"I endorse any statement which opposes the use of alcoholic beverages by football men in training."—Aldo Donelli, Assistant Football Coach, Columbia University.

"I would extend this statement to cover all young people, whether they are in training or not. Not one single good argument can be advanced in favor of the use of alcoholic beverages by young people."—Lewis P. Andreas, Director of Athletics and Physical Education, Syracuse University.

"Alcoholic beverages of any kind do not mix with football or other sports of high skill."—Don C. Peden, Head Coach, Ohio University.

"I know full well the harm an athlete submits his body to if he tries to use alcoholic beverages. Not only do I oppose them for athletes but for all youth."—Grant Feeser, Football Coach, Lebanon Valley College.

PRESERVING STANDARDS

A CARD TO PATRONS

Season of 1946

University of Michigan

WITH THE PERSONAL habits and tastes of those who attend football games at the Michigan Stadium, the Board in Control of College Athletics frankly concedes that, generally speaking, it has no concern. When, however, indulgence in such habits and tastes results in conduct disgusting or offensive to other patrons, the Board does feel a very deep concern.

A very large percentage of those who attend games do not look upon the occasion as one calling for throwing off all restraint in the use of intoxicating liquors. Unfortunately a certain percentage, relatively small, do seem to look upon attendance at a football game as an excuse for drinking in manner and extent beyond the limits of propriety and decency.

We wish to take this opportunity to give general notice that ushers and officers are being instructed to receive complaints regarding the offensive use of liquor in and about the stands. We shall not hesitate to revoke the license conferred by the ticket and to eject from the stadium grounds anyone

against whom a reasonable complaint is made.

At the same time you will be interested in knowing that this effort is being made for your protection.—Board in Control of Intercollegiate Athletics, University of Michigan, H. O. Chrisler, Chairman.

* *

DRINKING AT FOOTBALL GAMES

A Statement

Ohio State University

ON THE BACK of each envelope used to mail tickets to enthusiastic Ohio State University fans, the following is printed:

Drinking at Football Games

It is generally recognized that drinking has no part in intercollegiate sport. We are appealing to football fans and patrons to assist us in eliminating this practice at football games.

The Athletic Administration proposes to protect its patrons from the offensive conduct of a small minority of thoughtless indulgers. Officers and officials have been instructed to refuse admission to anyone guilty of open drinking in the stands or elsewhere on University property.

Your cooperation is respectfully requested.—Ohio State University Athletic Department, L. W. St. John, Director.

Juvenile Delinquency

In the field of juvenile delinquency it is difficult to understand or explain the increase in the number of children appearing before the court. While there have been many predictions of a crime wave following World War II, the rise in the number of offenders is expected chiefly in the group from 18 to 25 since boys under the age of 18 have not been exposed to war conditions as directly as the older youth. It would appear, however, that the young people between 15 and 18 years of age are subjected to many disturbing influences as a result of war psychology and they are reacting in an anti-social manner as a result of these influences.—JUDGE JAMES HOGE RICKS, Juvenile and Domestic Relations Court, Richmond, Va.; Report for 1945.

AN APPROACH TO SOCIAL DRINKING

By **FANNY B. HAYES**

INFORMATION has recently been released by the Laboratory of Physiology, Yale University, through Dr. E. M. Jellinek, that reveals the extent of the alcohol problem in this country. We have in the United States, about 100,000,000 persons of drinking age. Fifty million of these—just one half—use alcoholic beverages; three million become excessive drinkers; 750,000 become chronic alcoholics. The 50,000,000 users spent seven billion dollars for liquor in 1945, equivalent to more than nine thousand dollars a day from the time of Christ to the present day.

Sources of Alcoholism

These recent studies reveal the extent of the problem; they also offer information as to the causes of alcoholism. Four out of ten alcoholics are such because they find in liquor a release from physical illness, psychological maladjustment or spiritual difficulties. Their drinking is a symptom of a disease that lies beneath. Under the care of skilled doctors or psychiatrists, the disease may be discovered. The drinking then takes care of itself.

Six out of ten excessive drinkers, however, come to alcoholism from an entirely different origin, which lies in the drinking pattern of the day, the social vogue, the habit of the set to which one belongs. Members of this group drink because it is being done. They drink because society sanctions drinking.

Understand Social Drinking

While society may, with a certain degree of accuracy, disclaim any responsibility for 40 per cent of our inebriates, it must face the responsibility of contributing not only to the making of an army of almost two million excessive drinkers, but also to the creation of a host of social problems which follow in the wake of that army—crime, poverty, accidents

Condensed from *Young People*, Oct. 27, '46, American Baptist Publication Society, Phila., Pa.; copyright 1946; used by permission. Miss Hays is a counselor and teacher, Technical High School, Omaha, Nebr.

to others, disrupted morals, hungry children and shattered homes. The young woman taking her first drink at a cocktail bar, the unthinking mother serving cocktails at home, the young businessman drinking at his club, the loud gang at the roadhouse, the average American paying his taxes—all have failed to grasp the full significance of social drinking either in their own lives or in the lives of the families in their communities, whether these families live in Fairacres or on the wrong side of the tracks.

For all such I recommend, as a basic aid to understanding the problem, sound scientific education.

Science at work on alcohol, like science at work on the atom, "has proved a force too revolutionary to consider in the framework of old ideas."

Questioning Social Drink

It is high time to challenge the custom of social drinking. Why should not all social drinking—at banquets, in businessmen's clubs, on the campus, in social gatherings of the elite, in diplomatic circles—be evaluated in the light of scientific knowledge? Should social drinking be exempt from examination because it is traditional, or should it be evaluated in the light of new standards of healthful personal and community living? What makes it so popular? Is it narcotic pleasure, propaganda or the force of profit making? What does it cost us? Who pays for it? Does it promote health and good citizenship? Does it reduce crime and accident? Does it make a worker more reliable and efficient? Does it make the user more stable emotionally or more independent economically? Is our entire program of social progress aided or obstructed by beverage alcohol as now consumed in the United States? We challenge the liquor-minded to answer these questions in the light of recent scientific research.

Keep Facts Up-to-date

The proponents of abstinence, too, will have to check for the outmoded. No longer need we apologize for being dry. No one apologizes for being scientific. Dry propaganda was recently criticized because, to date, it has been directed to our own team, not to the bleachers. In the future such propaganda must reach the grandstand and be accepted by the grandstand.

Appeal to Bleachers

In it are the seven million pupils in our secondary schools who, given the truth about alcohol in their courses in biology, physiology, physical education and social problems, would urge its acceptance by their elders as ardently as they now urge the acceptance of tooth-brushes, tuberculin and tonsillectomy.

In it are a million and a half college students, among whom are many leaders who would welcome the findings of scientific research to lead them to intelligent choices and stronger social influence.

In it are college and high school educators, numbering millions, who are eager to set up standards "in harmony with scientific research."

In it are approximately 250,000 churches from whose pulpits should come, with greater power, a gospel of total abstinence, now fortified by scientific information.

In it are 1,744 daily newspapers with a total circulation of approximately 46,000,000. Given the scientific facts about liquor in life today, what might they contribute to the solution of the problem? And we must not forget that many of these papers own radio stations where scientifically minded commentators might share time, at least on a fifty-fifty basis, with the brewers.

Science Plus Social Obligation

Yes, the grandstand could furnish a new, renewed and scientific leadership. But scientific research alone is not enough to solve the problem. That must be supplemented by moral judgment and religious conviction. In the Sermon on the Mount, the Leader of mankind first enjoined his followers to be the "light of the world." Then he told them what to *do* about being loyal to high ideals. He urged them to *live* so that they might experience the feeling of genuine security, understand the meaning of real wealth and the blessings of the Golden Rule philosophy in daily living. He plainly emphasized the fact that mere knowledge is not enough; there must be social responsibility and social action. The great scientists of our day are coming to the same conclusion. Said Albert Einstein, "It is not enough that you understand about science . . . Concern for man himself and his fate must always form the chief interest of all technical endeavors . . . in order that

the creations of our minds shall be a blessing and not a curse to mankind."

Not alone do scientists endorse this "budding collective responsibility which is growing in power." Educators, too, approve it. In the very recent \$60,000 Harvard Report twelve leading educators agree that the "enlargement of the common concern is the distinctive characteristic of the age."

In his August, 1944, address at the Yale School of Alcohol Studies, Harry S. Warner, Editor of *THE INTERNATIONAL STUDENT*, defended the philosophy of the non-alcohol movement when he said: "Those who feel that beverage alcohol is desirable or necessary in social intercourse; those who count on a drink at the end of a day of heavy toil, dust and strain; and all others who usually continue moderate in their use, will only be making a higher choice of satisfaction for themselves, when they discontinue practices that in every walk of life have left a blight on the lives of millions. The man of strength is no less strong for choosing not to add to the unhealthy pressures that burden the less strong, the less knowing. Here lies the *heart* of the philosophy of the non-alcoholic movement—the readiness of many men and women to set aside the overly attractive custom, that they may not themselves 'abuse,' that society as a whole—and the less knowing—may have a new freedom."

Upper Class Cocktail-Hour

What distresses the unwilling observer is that the cocktail parties reveal everyone for what he is. This is usually pretty bad. The ordinary man may drink soundly on a fishing trip and still decently retain the secrets of the home; but in a crowded room full of smoke and women and hors d'oeuvres he will suddenly unfold the whole business of his family, the inner character of his wife, and all his own sins.

While women on such occasions—the hard-working housewives and devoted mothers—suddenly, on one small drink, will back you into a corner, thrust you against a bowl of flowers and tell you exactly what their husbands are like.—**BRUCE HUTCHINSON**, *Vancouver Sun*, B. C.

We must renew our efforts to build a new world which feels no need of intoxicating liquors.—**DR. EDWARD GRAETER**, Basle, Switzerland.

USING SCIENTIFIC INFORMATION TO AID SOLUTION

By **EARL F. ZEIGLER**

BEFORE MEDICAL men discovered the nature of the disease called yellow fever, they battled it hopelessly. Once they had hit upon the theory that the disease was carried by the mosquito, and had proven the theory by the martyrdom of courageous men, they no longer fought in the dark. Other baffling diseases will yield when medical science has identified and described the true nature of their problem.

Similarly, we may assume, the alcohol problem will yield to treatment when those who are working toward its solution finally discover the real nature of the problem. We have been guilty of oversimplifying it; let us not be guilty of ignoring it just because it is complex.

We have an **ALCOHOL PROBLEM** on our hands. Let's try to understand it and work toward its solution.

A rather comprehensive definition of the alcohol problem can be found in Chapter I of "Alcohol Explored," by Haggard and Jellinek. From that chapter I quote excerpts:

"When we use the term 'alcohol problem' we mean something in which progress has been made and which can be solved. Some phases of the problem we can consider already solved, but the unsolved ones are without question more numerous and of greater importance. Nevertheless, even for many of these there is a fund of positive knowledge which permits tentative solutions. And such solutions are often of

Condensed from a lecture at the Pennsylvania School of Alcohol Studies, Juniata College, Huntingdon, Pa., June, 1946. Dr. Zeigler is editor of adult publications of the Presbyterian Board of Christian Education, Philadelphia, Pa., and a Fellow of the Yale School of Alcohol Studies., 1944.

great value, for mankind has succeeded in many aspects of life aided by nothing more than tentative solutions to his problems. In the field of alcohol research the combination of actual and tentative solutions is sufficient to furnish a basis for dealing intelligently with the problem as a whole. For an individual, it appears primarily as one problem, for society as another, and for a nation as still another. And in each instance there are differences among individuals, societies, and nations."

From the angle of society these questions emerge:

"'How may society deal with consumption of alcoholic beverages in so judicious a way as to avoid its ill effects?' to 'How can the use of alcohol as a constituent of beverages be speedily and totally abolished?'"

ANOTHER WAY OF LOOKING AT THE ALCOHOL PROBLEM

In a lecture delivered at Yale, published in "Alcohol, Science and Society," Dr. Jellinek recapitulates:

"Alcohol thus appears not as an original source of a problem but rather as a means for solving it and as a means out of which more and more problems arise. And as society generates increasingly greater tension the alcoholic means of solving it becomes more prominent. The problem becomes enhanced through organization of the supply and the vested interests behind it. The relief obtained from alcohol, originally utilized by society, becomes an object of control. The problem of control becomes complicated through the clash of vested interests with emotionally oriented reform forces. And the various control measures, such as legislation, education, and broad social measures, grow as the use of intoxication for relief from tension grows, and in the same way as control measures relating to other forms of relief from tension. To these general control measures is added the specific problem of the rehabilitation of the alcoholic.

"But all these control measures will work only if they are applied with a full understanding of the problem which they are intended to control and only when all control measures are brought into proper relation to each other, when they are brought into proper balance."

ROLE OF EDUCATION

For educational purposes I wish to point out that:

The alcohol problem is not all alcohol.

It is the man as well as the bottle that he raises to his lips. Many people use alcohol to "solve" a problem, not to

"make" one.

The alcohol problem is more than the brewer and the distiller, more than the distributor and the saloonkeeper, more than the grafting politician and the bootlegger.

The alcohol problem is also the present-day social order with its unresolved tensions, lowered moral standards, unsolved housing problem, high pressure amusements, unadjusted wages, and, not the least among these, the undisciplined temper of the post-war world.

Throw all these factors into the pot and bring them to a boil and you have the alcohol problem.

STEP I—DEFINITIONS

The tendency of temperance workers has been to lump all people who drink alcoholic beverages into one group and call them "wets." Thus labeling several million Americans as "wets," we have unwittingly alienated some of the friends of the temperance movement.

Another thing we have done is to make little or no distinction among people who drink. Is there a difference between the "social drinker" and the chronic alcoholic—a difference that temperance workers must recognize? Is there a difference between a Jew who drinks because of longstanding social and cultural traditions, and a Gentile who gets drunk every Saturday night? Ought we to recognize some distinction between the terms: "moderate drinker"; "intemperate drinker"; "habitual social drinkers"; "excessive or abnormal drinkers"; "symptomatic drinkers"; "stupid drinkers"; "addicts"; "chronic alcoholics"; and "Alcoholics Anonymous"?

Don't ask me to define all these terms at this moment.

I refer to these terms to underscore the necessity of having distinguishing marks by which to classify drinkers so that whatever we try to do educationally may be applied according to the needs of particular cases.

STEP II—OBJECTIVES

A. Educational objectives are different from the objectives of legislation, control, local option, prohibition, and to an extent, different from the way a social worker deals with the alcohol problem.

B. Alcohol education seeks to recognize all the factors that comprise the alcohol problem; it does not oversimplify, neither ignore, but tries to identify and understand.

C. The main arsenal of the educator in the alcohol problem is facts; facts about alcohol, its effect on body and mind; facts about why people use alcohol; facts about the effects of alcohol on individuals and on society; facts about

the influences that combine to promote the use of alcohol.

D. The educator must resist the temptation to moralize. Even in Sunday School temperance education moralizing should be used sparingly. The person to do the moralizing is the learner when he draws conclusions; not the teacher using pressure to get a decision.

E. The educator when serving in the role of an educator must not be a legislator, a prohibitionist, a local optionist, or any type of worker in the alcohol problem. Neither must the educator be an advocate of moderation, total abstinence or *laissez faire*. As a person he may believe in prohibition and total abstinence and work for those ends. But he will work at them at a different time and in a different way.

Perhaps these principles can be illustrated better by exhibiting a sample set of objectives which emerged from the Seminar on Education in the 1944 Yale Summer Session.

1. To present to the pupil a knowledge of alcoholic beverages in the light of his age and grade level.

2. To present this knowledge in a factual manner in keeping with the latest available scientific findings.

3. To present this knowledge from strictly a positive and impersonal approach.

4. To stimulate the pupil to the point of formulating his own decision on the subject, based on the facts learned.

5. To stimulate individual research and study on the part of the pupil on problems which coincide with his age, grade, and interest level.

6. To present this knowledge in such a manner as to show the relation of alcohol to various phases in life, including the basis of social adjustment without the use of alcohol.

7. To help the pupil to see the value of exercising reason, judgment, conscience, self-criticism, and self-control and to develop an understanding of the relation of the use of alcohol to these functions.

STEP III—STRATEGY

By strategy I mean a plan, short range as well as long range. It seems quite obvious to me that the people engaged in the manufacture and sale of alcoholic beverages know where they are going. They have goals. It would be more than a tragedy if people who carry the responsibility for alcohol education should get their strategy so mixed that it became practically ineffective.

The strategy of alcohol education should include:

- A. Classification of the people we seek to reach with education. Are we going to limit ourselves to the pupils in the

public schools who are required by law to be taught some alcohol education? Are we going to include better alcohol education in our Sunday School lessons and pulpit utterances? Will we seek to reach the adults in the churches as well as children and youth? What will we try to do with the people who already are moderate drinkers? With the heavy drinkers? With certain racial and cultural groups who use alcoholic beverages from long-standing custom?

B. The strategy of alcohol education should also include some smart headwork. At the present time the person who wants to mingle socially with a cosmopolitan group is at the disadvantage of being ostracized if he doesn't drink. Let's attack that vicious custom with a little head work. Just why should I be pressed to drink if I don't want to, or if I have conscientious convictions against drinking? Just why should my sons and daughters who have been reared in the manse find themselves at a social disadvantage if they decline a cocktail at a party? My conviction is that a little smart head work, on the part of a few people can change this custom in a year or two.

C. Another part of our strategy must be to recognize the medical findings on alcoholism as a disease. Attitudes toward chronic drunkards change immediately when we classify them as sick people. The medical profession says that a chronic alcoholic is a sick person, needs treatment, and in numerous cases can have the disease so arrested as to amount practically to a cure (providing alcohol is left strictly alone).

D. Another angle to our strategy must be a new approach in our churches to the alcohol problem and to alcohol education. As one example of what can be done, the General Assembly of the Presbyterian Church in the U.S.A., which met in Atlantic City in May this year, passed a far-reaching set of resolutions on alcohol education. It was different from anything the General Assembly had done previously on this matter. The resolutions passed this year were the result of special study on the part of men and women who for the past three years have been attending the Yale School Summer Sessions, and who were asked by the Presbyterian Department of Social Education and Action to prepare a new strategy of alcohol education. The Assembly took a realistic view of the alcohol problem and pledged itself to work on new lines toward the solution.

E. But our strategy would be incomplete if we did not try to influence the temperance organizations themselves. I want to pay my respects to the highminded men and women in all temperance organizations. They have been carrying the brunt of the battle for years, and they have had to stand

a lot of criticism and caricature. The most of them have lived through it. But I also want to point out that practically every temperance organization in the United States needs considerable overhauling.

Their respective constituencies need to be educated to the new approaches to the alcohol problem.

Many of the people who work in and through these organizations must learn to be more objective; less critical of those who see a little differently; more realistic; better mannered; and be willing to get their glasses changed to bifocals that see the near and the far aspects of the alcohol problem.

F. Now what about the liquor industry itself? Does our strategy encompass them? To be sure it does. They are the people who supply the alcohol. They are not necessarily the people who create all the demand for alcohol. Much of the demand for alcohol comes from those who insist on having it, legally or illegally. They would try to get it if every brewery and distillery could be closed tonight and kept closed for the next fifty years. As long as nature continues to produce the bacilli that cause fermentation, alcohol will be available to some people. Our educational strategy toward the liquor industry must be based on the nature of the industry, its influence in our total social structure, and the contribution that the industry makes toward the alcohol problem as such. If the alcohol industry were the whole alcohol problem, we would seek to solve it by eliminating the industry. If alcohol were the whole alcohol problem we would seek to solve it by manipulating the bacilli so that they would no longer produce fermentation. Since the alcohol problem includes human beings we are compelled to take them into account.

STEP IV—METHODS

Whatever schools, churches, industries, government, or any other agency of education can use as methods, alcohol education can use. The printed page; movies; slides; posters; demonstration; lectures; courses. An impetus is being given to methodology by the influence of such schools as the Yale Summer sessions, and their replicas in schools like the one we are holding in Juniata College. Method at its best is simply a way of implementing a principle or an objective. Before we put our faith in methods, let us see to it that our principles and objectives are on good foundations.

SEP V—HOME EDUCATION

We are in a peculiar situation regarding the American

home at the present time. The parents have all but capitulated. Children now are the real rulers in the American home. I say this with considerable seriousness. If this is the situation, where shall we place our emphasis in alcohol education in order to reach the American home?

A. We might try it on the children. If they see alcohol in its true proportions, maybe they can teach their parents.

B. We might try it on parents themselves when we can get them together in church gatherings, clubs, and elsewhere.

C. We might manage somehow to get them to do a little reading if some of us would write the kind of stuff that *Life*, *Saturday Evening Post*, *Atlantic Monthly*, *Harpers' Reader's Digest*, and other popular magazines might buy. My guess is that a great deal of home education is going to be accomplished during the next few years through the popular magazines, if at all.

D. We might try to use a little "social prestige" in getting homes to operate their social life with equal rights for drinkers and non-drinkers; and for homes that omit liquor completely from their social functions, a tolerance that is socially approved.

E. We shall keep on undergoing those agencies and influences that help homes to be homes where parents and children live together democratically; where life is wholesome; where discipline is democratic; and where liquor becomes a liability instead of an asset to good times.

STEP VI—COOPERATION

Education is always a cooperative enterprise. Take such an apparently simple combination of matter, mind, and spirit as a six year old boy. Our object is to educate him. To do so we never think of sending his body to the gymnasium, his mind to school, and his spirit to Church. He insists that he take all three of his constituent elements with him wherever he goes. The result of his "obstinacy" is that playground, school, and Church must cooperate if the boy is to be educated.

In somewhat the same category is alcohol education. The people to be educated represent a variety of constituent elements in our social, economic, religious, educational, and cultural life. If the agencies of law, social work, religion, school, temperance, and so on do not cooperate, we shall make a mess of things. We need one another desperately. Let us not fall out because our particular objectives seem to be different. Our long range objective is the solution of

the alcohol problem and that is what should hold us together.

A. Let us cooperate with the scientists and the research people. From them we must get the facts. If they refuse to climb onto wet or dry wagons while pursuing their research, give them a break. If a scientist is discovered to be a moderate drinker personally, do not start a campaign of vilification against him to indict everything he may be doing in science. That is neither good manners nor good strategy. And if he happens to be a personal dry, do not lionize him until he loses the respect of his fellow scientists.

B. Let us cooperate with Alcoholics Anonymous and other agencies whose primary objective is to help counteract the disease of alcoholism. I am grieved to know that there are some temperance workers who criticize Alcoholics Anonymous as an organization because some of its members state that they are not in favor of prohibition even though they know that they must practice total abstinence the rest of their lives. Let us not mix legislation and education at points where they should not be mixed. One speaker from Alcoholics Anonymous in a Church can do more to awaken the inert members to the immensity of the alcohol problem than a whole battery of professional temperance workers. And I am in favor of professional temperance workers.

C. Let us cooperate as public schools, Churches, and character building agencies. Education can tie these forces together where legislation cannot. The schools, for example, have to steer clear of legislation. Character building agencies cannot be enlisted in a legislative program. But all these forces can cooperate educationally. Let our program be one program in objectives.

D. Let us cooperate with law enforcement and law-making agencies. Education has its limitations in this field, but it can contribute to an understanding of the problem and save the legislative program from pitfalls.

E. Shall temperance workers cooperate with so-called wets in supporting regulative measures when both sides want the same thing? For example, the wets know that drinking minors and drunken drivers give their business a black eye, to be exact, two black eyes. The knowing wets are just as anxious as the zealous dries to control the drinking of minors and the drinking of drivers. If it should happen that the wets got the jump on the dries in a certain community and asked the lawmakers to draft a strict ordinance against the sale of liquor to minors, would the dries support the measure? Or would they take the attitude that anything the wets are for we must be against? I don't know how to answer that

question in all cases, but I know a lot of people who are asking it.

SHALL WE TRY EDUCATION?

Finally, this question: "Are you willing to trust education as the major factor in solving the alcohol problem?"

Major factor, I say. Legislation will be used. Remedial measures will be stepped up and continued. Emotional appeals may be applied. Mass meetings can be called for specific objects. But will you trust education to carry the main load or responsibility for solving the alcohol problem?

Personally, that's where I take a stand. Right now I am tempted because of the way the alcohol situation has gotten out of control to slap on legislation so viciously that people will be dried up over night. But if they are to be wet again the next morning, what have we gained? Unless we reach the roots of the alcohol problem with our remedies we have merely been cutting the heads off the dandelions after they have gone to seed. I'd like to get some of those roots. I believe that education reaches the roots.

A TREND IN ALCOHOLIC CULTURE

AMONG ALL PEOPLES, wherever alcoholic customs prevail, a sifting process is going on. Steadily, from year to year, without substantial variation, the younger and middle-aged men and women who have "that peculiar nervous temperament" that can not stand alcohol—those who do not—or can not—or just "don't want to" keep indulgence below their *unknown* safety line, are being sorted out and pushed along the road to addiction. Many of them come each year to hospitals for the mentally disordered.

Let it be made clear that they are not merely "the inferior," the over-sensitive, the handicapped by heredity. They are not alone those who would lose in the struggles of life through other causes if drink happened not to be at hand. On the contrary, they are often more highly sensitized than the average, having capacities of special value to society. "The rich and the poor, the highly intellectual and the ignorant, the frail and the robust, the shy and the apparently bold, the worried and the seemingly carefree, all furnish their quota of inebriates." —From *The Liquor Cult and Its Culture*, by HARRY S. WARNER; copyright, 1946.

"THE ROMANCE OF ALCOHOL"

YOU CAN DRINK—or *let it alone?* At least you think you can; maybe you are right.

Suppose we start just there to consider this beautiful whisky advertisement in a magazine which is read by millions of men, women and children.

The advertisement is everything an advertisement should be. It catches the eye with its beauty—the suggestion is right, the association is right. Why not? The painting which illustrates it cost \$1,000.00 and the public relations experts who built its appeal are the ablest men of their profession.

Consider the background. The walls are panelled, the furniture is heavy and the rugs are deep. Under the magnificent mantel a wood fire burns on the hearth. A shot-gun lies safely on the rug and by it rests a bird dog, looking up with admiration at his master who sits in the big chair with a glass of whisky in his hand. The man's hunting clothes are perfect, but not too perfect; his hair is touched with white, but not too white, suggesting many happy days in the open air. His ruddy face bespeaks contentment. It isn't hard to believe that he is a good shot when he plays, a good fellow when he rests and a man of brains and power in the city.

What do you say? You say, "Hooey!"

Of course it is "hooey," and you know it is hooey, and what is more, the people who spend so much money to construct that advertisement know perfectly well that you will know that it is hooey. They also know that if you want a drink you will take it because you want it and that is all there is to it.

That advertisement was not intended to get YOUR trade. It is not directed at you; it is directed at your son who graduated from high school last June. He does not yet know "hooey" when he sees it or hears it.

The advertisement is selling him the "Romance of Alcohol."

Now, we are going to hush and give the microphone to Robert V. Seliger, M.D., of Johns Hopkins Hospital. What

he has to say is taken from ALCOHOL HYGIENE, and educational project of the National Committee on Alcohol Hygiene, Inc., Baltimore, Maryland:

"With all our efforts, we shall be unsuccessful if we do not destroy the legend of the 'romance of alcohol.' This legend, so diligently propagated by our liquor advertisements, and so innocently indoctrinated by our novels and photoplays, portrays alcohol as an inevitable concomitant of 'gracious' living and an absolute necessity if one is to be considered a sophisticated or up-to-date member of society. Drinking and having a good time, drinking and smart living, drinking and style, drinking as a sign of conspicuous spending, drinking as a sign of good fellowship, are all being drummed into the American mind by radio, press, magazine and billboard. Addressed to emotionally mature adults, such advertising would be comparatively harmless; addressed to immature youth, boys and girls still in their teens, it produces a yearning for the romance of alcohol. Youth hears the repeated shibboleths concerning alcohol: liquor increases sexual potency, liquor is just the thing to pep you up, liquor is absolutely necessary to have a good time. The inevitable result is wholesale drinking among boys and girls too immature to withstand its allure, and the early development of a tragic addiction to alcohol."

Mr. Moderate Drinker: do you like that kind of thing? If you don't what are you going to do about it?—The *Connecticut Citizen*, Dec. '46.

This school incorporates in its required course in sound health, a very strong unit on the effects of alcohol used as a beverage. When a student finishes the course, there is sent to his parents a bulletin giving a brief resume of what has been taught.—EUGENE YOUNGER, Supt., Oak Park High School, Illinois.

I am glad that the Intercollegiate Association is in line with the Yale School of Alcohol Studies and similar efforts. I frankly believe that this is the best approach to the solution of the problem.—O. W. MOERNER, Associate Minister, Director of Religious Education, Methodist Church, Corpus Christi, Texas.

CULT OF TOXIC CULTURE

*Seek the Truth
Come Whence It May
Lead Where It Will*

And Taverns Elsewhere?

TULSA BOOTLEGGERS are taking an awful beating from one organization in this city. Members of the Tulsa chapter of Alcoholics Anonymous at a meeting recently estimated that when its members quit patronizing bootleggers their combined "boycott" cut bootleg income \$190,000 a year. —Tulsa, Okla., *Tribune*.

* * *

States Seek Cure

The cure of alcoholism has become official state business in Connecticut where the state Commission on Alcoholism is reported to have taken over the Yale plan clinics. The move is described as "a major step toward broader public sponsorship of efforts to cope with the fact that one male adult out of 17 in the United States is an alcoholic or chronic excessive drinker." Three other states, New Hampshire, New Jersey and Alabama, have earmarked funds for treatment of alcoholics and 14 cities throughout the country have established committees to help meet the problem by educational methods.

* * *

Grand Jury Protests Screen Drinking

A Federal Grand Jury in Chicago, in a written protest to the Motion Picture Producers, requests that steps be taken to reduce "the drinking scenes in motion pictures." The letter says:

"Multitudes of young people and children who attend the motion pictures are faced with portrayal of drinking scenes in almost every picture and this exerts a tremendous influence in their accepting and adopting drinking habits, which in many cases lead to crime."

Alcoholism Increasing

That alcoholism in the United States, especially among returned war veterans, is certain to become a more serious problem than at present, was one of the points made in an address by Dr. Karl M. Bowman, retiring President of the American Psychiatric Association in Chicago, early in 1946.

* * *

Will They?

Brewers must help clean up Chicago.—*Brewers Journal*, Nov. 15, '46.

* * *

Around the Circle

Circleville, O., Jan. 11, '47.—Charged with intoxication, _____, 39, was again in jail here—for the 50th time. He was arrested just six hours after release from the County Jail where he spent Christmas and New Year as a result of intoxication.—*Columbus Citizen*.

* * *

That Stack of Cash

In bills tightly stacked, the \$7,770,000,000 spent at retail for liquor in the United States as reported by the Department of Commerce, would make a stack 533.6 miles into space—seven times as high as the altitude reached by the new Army V-2 Rocket.—*The Liberator*, Los Angeles.

* * *

An Icebreaker?

Social drinking is used as a social icebreaker. Drinkers claim it dissolves the cellophane around them. People who become intoxicated on alcohol, enroute to drunkenness, loosen up in all ways, including talking up or down too much.—ROBERT V. SELIGER, M.D., *Hygeia*, June, '46.

* * *

Female Alcoholics

That there are 600,000 chronic female alcoholics in the United States is the estimate of a prominent A.A., 5,000 of them in Washington, D. C.

Trend Among Women Alcoholics

"Dr. Robert V. Seliger, Johns Hopkins Hospital psychiatrist, reported yesterday that an increased number of women are becoming alcoholics as a result of living in the 'age of superman.' He said that in the early days of his practice not more than one alcoholic out of 10 who came to him for treatment was a woman, but the ratio is now four women in every 10. . . . He reported that 60 to 70 per cent of the women admitted to mental hospitals for alcoholism are 'doomed to end their lives in psychiatric hospitals or literally drink themselves to death.'"—*Washington Post*, Aug 20, '46.

* * *

Seeking to Prevent Alcoholism

Whoever wishes ardently to prevent alcoholism will need the heart of a lion, the wiliness of the serpent, and the guilelessness of the dove. He will meet head on not only the terrific power of tradition and custom, but also the power of great industries as they fight for the sale of a dangerous product—a drug—by advertising campaigns and the corruption of legislatures.

Not only all this, but he who seeks to bring about a reasonably drinking society will sooner or later find that he has to deal with the structure of a somewhat crazy society—a society riddled with the injustices of bad working conditions, miserable slums, the twin evils of poverty and of unearned wealth, of insecurity and unemployment, and the hectic atmosphere of enhanced sensuality and luxury-seeking.

In short, in order to prevent men and women from the false euphoria and the unquiet anesthesia of alcohol addiction, he must become more than physician and psychiatrist; he must take on the task of the social reformer.—ABRAHAM MYERSON, M.D., Harvard Medical School, in *Roads to Alcoholism*.

The ideology and psychology of a generation may be changed or modified and, therefore, the "approach" of one age may differ from the "approach" of another. But Truth is neither changed, nor modified.—BEN H. SPENCE, Toronto, Ont., Can.

Pedestrian Drinking

Nation-wide surveys show that 40 per cent of all adult pedestrians killed in traffic had been under the influence of alcohol, resulting in loss of judgment and "safety sense," impaired vision and hearing, and loss of coordination.—*Motorland*, Oct., '46.

* * *

Mexican Pulque

That the number of pulqueries is greatest, in proportion to population, where crimes are greatest, and smallest where crime rates are lowest in Mexico, is shown in "Criminogenic Zones in Mexico City," by Norman S. Hayner, in the *American Sociological Review*, Apr. 8, '46.

* * *

FOR COLLEGE STUDENTS who have not yet entered the Intercollegiate Association's Student Guest Editorial Contest, now is the time to do it.

Two times for writing are suggested: during the early weeks of the second semester, when class work is light, and during the Easter vacation, the first week of April in most colleges.

The student writer probably will have to spend a little time in the library checking on basic facts of the alcohol problem, but extended research is not necessary. The actual writing time is brief, for entries are to be only 600 to 800 words long.

The general theme for editorials is "Outgrowing Alcoholic Culture," but each individual selects his own subject. Included in the theme are all aspects of the social customs which encourage new drinkers to start and encourage established drinkers to continue. Most students will want to limit their editorials to a single phase of it, such as on the campus, in the home or at the tavern.

Prizes total \$560. The first prize is \$200. There are two of \$50 each and ten of \$20 each. Monthly INTERNATIONAL STUDENT awards of \$10 each are given for editorials selected for publication.

Entries should be directed to Edwin H. Maynard, contest secretary, 909 Webster Street, Chicago 14, Ill. He will be glad to supply further information on request.

THE MEANING OF ALCOHOL

(Continued from back cover)

riously; those that result from continued use and the growth of dependence upon it for what it gives, or seems to give.

CHAPTER IV, in a *very new approach*, seeks to bring out the recent scientific understanding of the relation between alcohol and mental and physical health. For if the alcoholic is emotionally and mentally "a sick man," often physically sick, as well, the prevalence of such sickness, today, becomes in turn a gigantic problem of Public Health, comparable only with tuberculosis, cancer and other great scourges of health; or with war, in its spread and destructiveness; as such it must be faced frankly in its various implications. How serious is alcoholic sickness? How does it get started? Who are susceptible to it? Are any free from danger of acquiring it? What are its initiating sources? Its means of spreading from group to group? How protect those who are susceptible?

CHAPTER V discusses the social tradition of drink, its position in much of society; the habitual dependence that many in all classes have for it; the pressures of suggestion, fashion, group influence in initiating and continuing habits of dependence on it among those who are—or may be—affected most by it; the character of alcoholic sociability, of release from inhibitions under mild and heavy quantities, and trends established thereby.

CHAPTERS VI AND VII deal with the effects of alcoholic release, in mild or heavier degree, in its relation to Public Safety and Public Disorder. The state of inferior conduct, introduced to and among millions, in the ordinary affairs of modern daily living—as exemplified in the effect of mild intoxication in automobile traffic and industry—wherever safety of life and limb are of importance—is a question of serious public concern.

And this public situation of increased danger, everywhere associated directly and indirectly with alcohol, is wholly a drug-created danger—a drug-created state of mass inferiority of conduct and control resulting from the deranging effect of mild brain intoxication. Yet, the inebriate, the alcoholic and the heavy drunk are often the victims, rather than the active agents, in matters of public danger and disorder.

CHAPTER VIII, "Illusion in Alcoholic Culture," is an examination and explanation of "the drinker's philosophy"; of the pleasure it affords, of its phantasy of unreality and the significance of the prevalence and wide extent of a culture of evasion and unreality—under modern ways of life.

CHAPTER IX, "From Illusion to Reality," faces frankly the reality of drunkenness, wherever and whenever the Cult of Alcoholic Pleasure is accepted; the certainty that vast numbers of youth, and older people, many of them having unusual capacity, including many of rare creative ability, will be sifted out by their social surroundings and group pressures, and started and kept on a road of increasing dependence on alcohol—partly because of their own inner selves, partly because of the customs of their social group—until they became degraded inebriates, even compulsive drinkers who cannot restrain their excess if they would.

But the real problem of alcohol is not that of the weak personality or the neglected child of the slums who becomes alcoholic; these, of course, must be cared for. The real problem is the inferiority in community and responsible living that, in large part but to lesser degree, the custom of alcohol infuses into many affairs of modern life where men, more than ever in the world's history, must face reality, not seek escape into states of illusion.

CHAPTER X considers the Non-Alcoholic life as the natural, healthful practically-tested and normal "way of life." That the Alcoholic route to release and pleasure is outdated, a heritage of our unthinking savage days, largely discarded already by thinking and reasonable people. It should be outgrown—replaced by the satisfaction and happiness that it has crowded out, too long and too often, because of its ancient social tradition.

THE LIQUOR CULT AND ITS CULTURE

By HARRY S. WARNER

Author of Social Welfare and the Liquor Problem

Copyright 1946

Price: Cloth \$1.35; paper, \$1.00

THE INTERCOLLEGIATE ASSOCIATION

12 N. Third St.

Columbus 15, Ohio

THE MEANING OF ALCOHOL

IN THE LIFE OF TODAY

NOWHERE have I seen such a clear, detailed discussion of the sociological, psychological and anthropological factors in the growth and spread of Alcoholic Culture as is found in *The Liquor Cult and Its Culture* by HARRY S. WARNER.

The book brings to the student, and to all who seek solution, a popular basis of scientific understanding.

—HOWARD E. HAMLIN, Supervisor, Health and Narcotic Education, Ohio State Department of Education.

THIS BOOK is for you who *think for yourselves*; you who wish to understand the meaning of beverage alcohol in every-day living, as revealed by scientific study, made acute by objective observation.

For it seeks to make the basic, modern scientific material readily available to the student, to the teacher and the reader in a non-technical, popular style that may quickly be understood.

CHAPTER I sketches the large and conspicuous place that "the kick" of alcohol has served as a source of pleasure through the ages; its growth as a custom in the primitive days of the race—every race; how cool-headed observers have noted its two-way trends; the ambivalent attitudes that develop among its users and the public.

Yet, it is noted, that only recently in human thinking, has the scientific spirit been turned toward serious study of the quality of satisfaction that alcohol affords; toward its resulting problems in human living.

CHAPTER II is the VOICE OF MODERN SCIENTISTS themselves, each speaking for himself, in his own words: Why men desire alcohol; the intoxicating pleasure it affords; the release from tension—or whatever it is—they get, or seem to get out of it; the trends it initiates in personal and social living.

CHAPTER III has to do with the relation between alcohol and interest in alcoholic sensations, on the one hand, and the growth of personality, on the other; the immediate impact on personality; the long-time or life developments; with the personality characteristics that "take to alcohol" quickly and se-

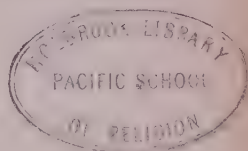
(Continued on Page 126)

APRIL
1947

THE
INTERNATIONAL

STUDENT

OF LIQUOR IN LIFE TODAY



In This Number --

Social Health and Alcohol
Must We Follow Tradition?
Drinking Scenes in Films
Most Serious Alcohol Problems

A YALE UNIVERSITY QUADRANGLE
HERE THE FIRST SUMMER SCHOOL OF ALCOHOL STUDIES
WAS HELD JULY-AUGUST, 1943. ANNOUNCEMENT HAS
BEEN MADE OF A GREATLY ENLARGED SUMMER SESSION, JULY, 1947.



democracy
something
deeper than
liberty; it is
responsibility"

THE INTERNATIONAL STUDENT

April, 1947

Volume 44, Number 5

HARRY S. WARNER, *Editor*

COLLEGE STUDENT "GUEST EDITORIALS"

First Prize, \$200; total, \$560

Second Prizes, two, \$50 each

Third Prizes, ten, \$20 each

An additional \$10 to those selected each issue for publication
in *The International Student*

A CONTINUING CONTEST TO JUNE 30, 1947

Theme—"Outgrowing Alcoholic Culture"

The April, 1947 award goes to Kent Prell, Calvin College, Grand Rapids, Mich., whose editorial appears on page 142. This entry, as well as all others received to June 30, will compete for the \$500 in annual prizes, to be determined by highly competent judges, after June 30.

The contest is open to all undergraduate college students. Entries must be in editorial style and related to the social and cultural patterns pertaining to liquor drinking; length, between 600 and 800 words.

For information and entry write EDWIN H. MAYNARD, Contest Secretary, 909 Webster St., Chicago 14, Ill.

THE INTERNATIONAL STUDENT, organ of THE INTERCOLLEGIATE ASSOCIATION FOR STUDY OF THE ALCOHOL PROBLEM, is issued six times a year, in October, November, January, February, April and May.

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SOCIAL HEALTH AND ALCOHOL

By HAVEN EMERSON, M.D.

IN ITS PATTERNS of behavior Society lags far behind Science. Society carries on through tradition, thoughtless, perhaps, of present health and future safety. Not one of the important contributions that science has made in the past sixty years to our understanding of the action and effects of alcohol upon man has been accepted, or made available to help raise the level of social performance or improve social relations.

Furthermore, that instrument of society, civil government, particularly its public education and health protective functions—has included only feeble efforts to inform and guard the public, through science, toward escape from the burdens of beverage alcohol.

Public Misunderstanding

Society, the common man, his wife and children still think, speak and read of alcohol as a stimulant, as something that will increase the effectiveness of performance, muscular, mental or emotional. They keep alcoholic beverages on hand, buy them freely, use them on innumerable occasions of sickness and in health without benefit of medical guidance or limitation as to amount and frequency as if alcohol were a safe stimulant.

Apparently, Society is unaware of the fact, first officially declared by Schmiedeberg in 1883, that ethyl alcohol, in whatever dilution of strength, is always a depressant, narcotic drug; that in the normal body it lowers the force and effectiveness, the endurance or work performance of muscular, glandular and nervous tissues, organs or functions of man. It is of both social and individual importance to know that alcohol does not stimulate or improve the quality or ef-

Condensed from a lecture at the University of Minnesota, March, 1946. Dr. Emerson, Professor Emeritus of Public Health Administration, Columbia University, is author of *Alcohol and Man*; *Alcohol: Its Effects on Man*, and many other publications.

fectiveness of any of the functions of healthy human beings.

Result of Public Ignorance

The major causes of the misuse of alcohol by society, that have grown out of the assumption that it is a stimulant, are, first, the prevailing ignorance of its true nature as a depressant drug; and second, the fact that the person who thinks he is stimulated, that he is better physically or psychically in his performance after drinking socially moderate amounts, cannot be trusted as a critical observer of himself or of others.

Among the earliest effects of alcohol is this loss of critical judgment. Alcohol makes a person self-indulgent and untrustworthy in observation and opinion. He is quite certain to have a favorable, uncritical opinion of his own performance. He thinks he is talking better; that he is driving his car more skilfully, not more recklessly; that he is his superior self, rather than deceived because of the depressed and inferior state of those high qualities of his intellect that serve him in matters of choice, discretion, discrimination and opinion.

Behavior Deteriorates

Society continues to regard the primary or major harmful effects of alcohol, short of drunkenness in the police sense, to be upon the stomach, the liver, the kidneys, the heart. As a matter of fact most, if not all, the effects of alcohol which are noticeable are due to the selective toxic action that it has on the higher centers of cerebration and the other functions, vegetative and reflex, of the brain and spinal cord, the central nervous system. This was clearly stated by the psychiatrist Kraepelin about 1885. It is a man's behaviour, his social relationships, his ethical, intellectual, and personal performance that deteriorate under the influence of alcohol as commonly used in socially acceptable ways. The main effects of alcohol upon man are due to its interference with the normal or best performance of the brain and spinal cord. It is this that leads to most of the socially undesirable phenomena that follow the use of alcohol.

Does Not Give Body Strength

The wage earners of society generally are still of the opinion that alcohol is a food; that it gives them strength for work and substance for body growth. They do not appear

to know that alcohol is incapable of incorporation with the substance of any body tissue or organ; that it cannot be stored in the body in any form as can the starches and fats; and that it is destroyed and eliminated from the body at a practically constant rate until all that has been ingested is disposed of, whether the body does or does not need the heat produced by this oxidation process. Society does not distinguish between a mere fuel, which to all intents and purposes is disposed of as an alien substance in the body, or which exerts a toxic effect upon the higher centers of the brain, and foodstuffs that are essential, that cause no damage during digestion and assimilation and ultimately are used either to produce heat and energy as needed by the body or are stored until need arises. The pattern of social drink conduct is built, in part, on a structure of ignorance, of unfamiliarity with the knowledge of the drug.

Origin of Drink Sickness

The social attitude toward drunkenness is that of disgust, amusement or tolerance, tinged with self-satisfaction born of maudlin charity for the poor floundering sick man. It is well that social measures for the use of medical resources for treatment of the alcoholic are now seen to be desirable; but society does not yet concern itself with the origins of the sickness, with its own part in the creation of the sick man.

Social Interpretation

It was not until Benedict and Dodge in 1918 reported upon the psychological effects of small amounts of alcohol, under carefully controlled conditions, that medical science knew that the sensory-motor reflexes, upon which much of our individual safety and performance of work depend, are slowed in their reaction time by six to ten per cent. Probably it is too soon to have this fundamental fact generally understood and implemented by social action. The corroborating studies of Miles in 1924 upon the effect of small amounts of alcohol, 2.75 per cent beer or its equivalent, upon human efficiency added to the observations of prior studies and reinforced the lesson that alcohol in small amounts has critical effects upon a great variety of necessary human performance; and always because of its depressant effect upon the central nervous systems. These experiments, conducted with the refinements of precise quantitative psychological technique, still await

due appreciation by society and its interpreters, the sociologists.

Society cannot escape a sense of loss on account of the way this particular cause of social illness, the use and abuse of alcohol, has been ignored or met with only gestures lacking in conviction or results. The very self-deception that characterizes the problem drinker is seen in the composite position of society which retires into a sort of phantasy land, with respect to alcohol, instead of facing reality with vigor and honesty.

AIMS IN ALCOHOL EDUCATION

New Statement, Oct. 15, 1946

By the Federal Council of Churches

THE AIM of alcohol education is *conviction and decision based on accurate knowledge*. Dissemination of facts is not enough, but the facts presented must be both accurate and relevant. Operating principles of the Federal Council's program relating to alcohol education within the church are as follows:

1. The program will be conceived in long-range terms, not merely as a special promotion for a limited period. It will aim at providing such background resources and materials as will explain and convince about the seriousness of alcohol as a social problem.

2. The problem will look to the results of scientific study for accurate knowledge of facts, but it will not claim falsely the support of science for any action program.

3. While the program will lead toward commitment and conviction from the point of view of Christian ethical standards, it will clarify and explain the nature and strength of the social pressures toward drinking as well as help to create affirmative ways of conduct before which the pressures shall be powerless. The method is to win understanding, not to marshal arguments.

4. While alcohol education will be an object of special concern and attention, it will be clear that it is closely related to other ethical and social concerns of the Federal Council.

MUST WE FOLLOW TRADITION?

By C. R. HALFORD, Commerce, '48
Sir George Williams College, Montreal, Can.

"Do we have to follow the social drinking tradition of the past? Is it possible for a new generation to substitute a higher culture?"

IN THE AVERAGE Canadian city forty years ago, drinking among the "teen-agers" and college students, though not unknown, was definitely not tolerated in normal families. Whenever such drinking was indulged in, it was usually among a group of boys or young men, on special and isolated occasions; it was done secretly; and more often than not, the motive behind it was a spirit of dare-deviltry and a desire, not unusual in the youth of all generations, to do something forbidden. High school and college girls were not interested in drinking; most of them would have bitterly resented the offer of a drink at a social gathering, and would have avoided the company of boys of their own age who suggested it.

In those days the movie and the automobile were in their infancy; public dance halls were few in number and of questionable reputation; transportation facilities were more limited than they are today; as a result the home was the logical centre of recreational activities. This fact was particularly important as it concerned the behaviour of the younger people. Girls especially were subjected to greater supervision than they are today, because they spent more time at home and thus were normally more disposed to accept the customs and habits handed down by their parents. Drinking among girls was a social as well as a moral misdemeanor; and this point of view naturally affected the attitude of the young men who associated with them. It is not fair to argue that the young people of the early part of the century were any better than the present generation. They grew up to accept the social customs of their environment; except in individual cases there was no rebellion against these customs until the envi-

This essay, here condensed, won first place in the 1946-47 Isabella Scott Memorial Contest, at Sir George Williams College, Montreal, P.Q., Canada.

ronment itself began to alter.

In the ten years following the first world war of 1914-18 a tremendous change took place in the social and economic life of Canada. Thousands of families were partially or completely broken up by the enlistment of fathers, sons, husbands and brothers. Girls by the thousand went out to work in offices, stores and factories and found a new independence in supporting themselves instead of living with their parents. The universal use of the automobile developed an urge to travel and to "go places"; moral standards were weakened under the strain of war-time conditions; and with the relaxation of discipline and supervision the naturally rebellious spirit of youth found a wide outlet; drinking was one of the results.

The influence of the family circle was weakened and often destroyed in those ten eventful years; the decade which followed was equally disturbing. First came the boom years of the late twenties, with free spending, gangsters and lawlessness the dominating theme of the movies, where youth obtained many of its most vivid impressions of what life meant. Hollywood standards established drinking as a normal activity of social life, in spite of the fact that an effort was sometimes made to point out the evil effects of excess. Then followed the grim years of the depression, when boys and girls left school with high hopes only to find that they themselves, their enthusiasms and their labor, were unwanted.

Bewildered and puzzled by economic conditions which they could not understand and which no one could explain to them, they were reluctant to accept old teachings and doctrines which in their experience were false and meaningless. Finally, another generation of youth in the late thirties found itself plunged into a World War—something over which they had no control, and yet in which many of them paid the supreme price of their lives.

That is the background of four successive generations of youth. It may explain to some extent why the habits and customs handed from school to school and from college to college seem to be lacking in moral fibre, and why it is hard for average students to feel confident that the future of the world lies with them.

We have dealt with the development of social drinking among young people for the simple reason that, if this tradition is to be broken, we must start at the beginning. It would be of little use to convince older people of their error, if we are to continue to permit each new group as they grow up to fall into the same trap. We might as well conduct a school of democracy for elderly Nazis while permitting the young Storm Troopers to continue with their studies of *Mein Kampf*. Our problem today is first to rebuild the faith of our younger generation, and in doing so to examine the changes in social habits which have taken place in recent years, and to try to reverse undesirable trends before they become too deeply rooted in our society.

It can be seen how the drinking habit has spread, first as a defiance of authority, then as a result of too much freedom and too little supervision; and finally as an established rite which must be included in any function which is to meet the approval of the group. This "group approval" is the keynote of the problem. It has developed over a period of forty years; it will not be destroyed by appeals and lectures, however reasonable and logical they may be. The fact that social drinking has increased to an alarming extent in this period is an obvious proof that successful methods of combating it have not been used; we must find a different approach. This is not a question for the individual alone, but for parents, teachers, churches, social organizations, industrial leaders, and government; it concerns everyone.

First, the government can do two things. Directly, it can tax liquor until people will think twice before they buy it; if they think twice, many will not buy. Indirectly, it can help remove some of the doubts and fears which worry the youth of the nation, by supporting any legislation which will give youth a better chance to prove its worth and earn a satisfactory living.

Second, industrial leaders can help young people by encouraging them to study and learn more about their jobs, by rewarding their efforts, and by interesting themselves to a greater extent in the social and intellectual life of their employees.

Thirdly, the Churches and social organizations can play their part in building up character, in providing recreation

and entertainment, in fostering competitive spirit along lines of mental and athletic endeavor—in short, by treating young people as individuals brimming over with enthusiasm, energy and animal spirits. In so treating them the opportunity will arise to give them the benefit of the advice and guidance which they will seek if it is not too obviously thrust upon them.

These organizations have another weapon. The movie industry is particularly sensitive to public opinion, if that opinion is organized. During the war there were a number of accidents in war-plants in which girls were injured by catching their hair in machinery. These girls let their hair fall over one eye in defiance of safety regulations because they were imitating the style made popular by a Hollywood actress. The matter became so serious that finally representations were made to the studio. The lady rearranged her tresses, her imitators followed suit; the accidents were eliminated. The movie industry has the power to make social drinking unpopular simply by enacting situations in which well-known stars make it appear unnecessary, stupid or ridiculous; and there is no doubt that if sufficient pressure is applied, some action will be taken.

Finally, teachers and parents have the hardest task of all; if they are to succeed they must cooperate more than they have done in the past. Teachers, whether at school or college, have not taken up their professions for money, but because they are interested in teaching for its own sake. All of us expect far too much from them, but it is difficult to avoid doing so. Their influence is often greater than that of the parents; they should therefore have greater opportunity of coming into contact with parents, both as individuals and as groups, and exchanging views. There are many general conditions which affect the outlook of young people and make them receptive to false ideas of values. The ability of the individual to control these conditions may be limited, but the parent-teacher combination has the power to attack social drinking at its strongest point—that of “group approval.” How should they go about it?

Young people are apt to have two standard replies to suggestions and criticisms—“Well, everyone else does it,” and

(Continued on Page 144)

UNNECESSARY DRINKING SCENES

IN RECENT FILMS

THOSE WHO might otherwise enjoy, even gain inspiration, in current films, are now finding themselves, as it were, slapped in the face by drinking scenes scattered through current films—scenes that manifestly have no relation to the plot nor reason for being except that of clever liquor propaganda.

Because things seem to be going from bad to worse in the film world, the appraisal of an expert, who has analyzed the liquor angle in nearly 500 pictures during recent years, is given herewith regarding representative current pictures. He says:

"Despite protestations by motion picture producers that the amount of unnecessary drinking is being brought to a minimum in films, the current crop gives little cause for cheering.

"The delightful *'It's a Wonderful Life,'* which has some really constructive things to say on the true worth of a man to his community, nevertheless errs seriously when it comes to a portrayal of that man's drinking habits.

"It is while under the influence of drink that the hero in this film has a visit from a heavenly envoy who shows him that his outwardly-seeming unfruitful life has really meant a lot to the town, and thus prevents him from committing suicide.

"The keeper of the tavern is portrayed as a fine, simple, helpful fellow on the side of the right, and the uncle of the hero, although he drinks too much ever to be of much effect in the family business. In fact, he bungles things while a bit under the influence of liquor, nevertheless is one of the most admirable people shown, largely because he feels so kindly toward all men.

"Perhaps the greatest objection that can be made to the use of liquor in this film is that such use is made to seem the

Condensed from *The Foundation Says "Let's Have the Truth About Alcohol,"* Bulletin of the American Business Men's Research Foundation, Chicago, Ill., Jan.-Feb., 1947.

natural and logical recourse of the hero when the going gets too tough for ordinary man.

"Incidentally, the picture of the frustration the hero experiences in the bosom of his family, whom he deeply loves, and the anger with which he expresses it, is one of the best portrayals of the little disturbances of everyday life that can so easily grow to big ones that has yet been shown through any art medium.

Cocktail Bars Depress

"*'Blue Skies,'* a musical featuring Bing Crosby's singing and Fred Astaire's dancing, is not the gay, lilting film it should have been. It is somewhat heavy, and perhaps the reason for that feeling is the continual round of cocktail bars and taverns that provide the setting. The hero—Bing—is shown as a night-club operator who is continually launching out on a new venture and selling the old, to the consternation of his wife, though he seems, on the surface of things, to be providing her with all the luxuries one could dream of, making it difficult for us to understand her protest that their financial security is a thing non-existent.

"One of the portions of this film is a portrayal by a comedian of a middle-class woman shopper who comes into a tavern to celebrate, alone, her 'anniversary,' and as she comes more and more under the effects of her drink becomes more and more loquacious, confessing her boredom with her husband. This might be taken as a picture of how unlovely a woman imbibor can be, and as such, it is really effective, but it is likely that, seen through the average audience's eyes, it will be considered only comic."

Drink vs Milk --- But Drink Wins

"The first *'Joe Palooka'* comedy, based on a popular comic strip, made much of the rookie prizefighter's abhorrence of drink, his insistence on milk. He still drinks milk in the sequel, but the producers have compromised by introducing a long, weary sequence in which the boy's manager and a newspaperman friend drink and drink and drink and get very, very funny.

Making "A Night of It"

"*'The Best Years of Our Lives,'* which many critics are hailing as the best film of the past year—and it is a hearten-

ingly honest and expertly handled one—has just one thing wrong with it.

It shows the heroes—returned service men from different social strata—going out for a ‘night on the town’ as the logical thing to do when the first evening at home palls and no one seems to know just what to say.

The loyal wife of the banker-sergeant goes along tolerantly, although she and the daughter drink little, because she seems to feel that her husband should have his liquor if he wants it. (Roaming around the house, shortly after his return, he chides her for having no ‘decent liquor’ in the place.) The tavern-keeper uncle of the sailor who has lost his hands is more understanding of the boy’s problem than his own folks, and his place provides a haven for the rather fearful, uncertain veterans in the first days after their return. The uncle, however, still will not let his bartender serve the boy anything stronger than beer.

Liquor “Natural”

“‘*Never Say Goodbye*’ is a slight domestic film, saying it is a shame a handsome couple like these should have marital difficulties, yet showing them as drinking frequently and extensively, all as if that were the only natural and desirable procedure for popular and successful young parents.

Exceptions

“In ‘*The Razor’s Edge*’ there is a poignant portrayal of the effect of liquor on a young woman who, taking to drink after a personal tragedy has ruined her life, has become a degenerate alcoholic for whom a degrading end is the only logical outcome.

The film based on Al Jolson’s life, ‘*The Jolson Story*,’ has surprisingly little drinking for a film of this sort. The usual composer’s or musician’s biography, as told on the screen, has up to now been mainly a portrayal of the successive beautiful bars in which the artist and his friends apparently spend most of their time.”

Summarizing, this expert says:

“*The number of outstanding recent films in which casual drinking does not play an unnecessary part is ‘O’.*”

STUDENT GUEST EDITORIAL

"I'm a Big Boy Now"

By KENT PRELL, '50

Calvin College, Grand Rapids, Mich.

DURING THE HEIGHT of the war, in 1944, a Seabee battalion arrived on a barren Pacific island for the usual purpose of constructing a strong American fortification. Along with the group came a feeling of loneliness and frustration that seems to accompany any life in abnormal environment.

It can be assumed that a group of men such as these are typical of the average American. They came into the service from all walks of life. Most of them had been married for some time, had families, and were well-experienced in the art of living; others were young lads just out of school and away from home for the first time. The natural condition which arose was that the younger men looked to the older ones for guidance and help.

In all too many cases these older men failed in their responsibility. A group of them, more spirited than the others, decided that since whisky was not to be found on the island, a search for alcohol of some kind was in order. One of them discovered some methyl alcohol and proceeded to fill a number of aluminum canteens. That evening he and his friends imbibed freely, urging their younger companions to participate also. The net result of this debauch was the immediate death of two, the temporary blindness of others, and the prolonged illness of all. It was a totally unnecessary and, for the loved ones at home, a heartbreaking waste of human life; yet this was not an uncommon incident.

My contention is that in the situation described and in countless similar incidents, the inclination to drink was not necessarily brought about by the fact that these men were

April award in the "Guest Editorial" Contest on "Outgrowing Alcoholic Culture" being conducted through the college year for college students by the Intercollegiate Association.

far away from home. It was, on the contrary, the result of their previous social relationships and environment. It is obvious that most of the older Seabees were attempting to satisfy a thirst or desire which had been acquired during their younger lives. For the younger men, however, it had been one of the first encounters that they had had with alcohol; and it is these with whom we should be especially concerned, because it is in just such situations as this that the crux of the drinking problem becomes apparent.

When a youth reaches the age of eighteen, one of his greatest aspirations is to be twenty-one—and a man. Since wishing will not grant him this desire he begins to imitate his elders, thinking that by doing so he will be regarded as an adult—one of the “boys,” so to speak. Drinking is much too often considered mature and therefore desirable to the younger element. And much too often the older element fosters this feeling. An appropriate way of determining a boy’s mettle is to see how much he can “take.”

When the same lad reaches the age of twenty-one he wants to show his friends and acquaintances that he is an experienced man of the world; he strives to prove that he is quite astute and worldly-wise and not to be trifled with. And by this time one of his main standards of sophistication is the degree of ease and confidence he can display while taking a drink of hard liquor.

The most dangerous phase of drinking comes with the age of twenty-four or twenty-five. Men of this age prefer to call themselves “social drinkers,” and they attempt to prove that drinking isn’t really an undesirable practice—that is, if one does not imbibe too freely. Actually, of course, they defeat and disprove this conviction. When such individuals gather at a party, the first cocktail is the just-to-be-sociable one, and invariably calls for a second. This cycle continues with each successive drink and with each successive party, until the phase of social drinking, with its accompanying feeling of false exhilaration, is replaced by chronic alcoholism.

In the schools today much of this I’m-a-big-boy-now attitude is prevalent among both boys and girls. Many high-school seniors, as well as college students, give vent to their gregarious instincts in trying to live up to the so-called standards of their generation. They begin to drink, at first

surreptitiously, in later years blatantly, and still later chronically.

This problem is clearly one of juvenile delinquency, and the primary source of checking it is in the home. Too many parents of today are setting bad examples for their children in much the same way as the older Seabees on the Pacific island. Too many parents are allowing their children to be out on the streets until the wee hours. It would seem that they do not care, but case records prove that the opposite is true. It is evident, then, that they do not realize wherein the fault lies; and that they choose to ignore the truth no matter how much proof is produced or how many cases cited. If the parents themselves could be made to realize the actual cause of their grief and heartbreak, the problem would be much closer to a solution.

It would be well for all of us to analyze thoroughly the words of Paul: "If meat make my brother to offend, I will eat no flesh while the world standeth, lest I make my brother to offend," and then proceed to apply their profound meaning to our everyday living.

MUST WE FOLLOW TRADITION?

(Continued from Page 138)

"What do I get out of it?" We have to find two answers which are conclusive; and having answered, we have to drive home the point with the same psychological approach that the clever advertiser uses to sell his product. At the present time we have a better chance of success than at any time in recent years. Liquor is scarce and expensive; the cheap second-hand car which used to carry the young crowd on its evening excursions has disappeared from the market; amusements of every kind demand the highest prices known in a lifetime; in a word, the economic factors which first helped break up the family group have been reversed, and we should seize the advantage.

Start with the Junior High School. Encourage students to participate in the social life of the school, the church, the "Y" or the Community Hall. Now is the time for their parents to support these institutions, to build up a permanent connection between them and the home. But we must not stop here. High School seniors are ready to step out into the ex-

citement of dates and parties. They want to experiment as their elders did, with cocktails, beer-drinking and the pocket flask. Our answer to them must be "Everyone else does *not* do it today; times are changing—people are getting more sense—get wise and don't be old-fashioned." And to the question "What do I get out of it?" we can tell the girls that the boys today simply cannot afford drinking dates and that the smart girl will have more fun without them; we can ask the boys if it really gets them anywhere to work as hard as they do to pay for as little as they get from liquor. Not a very moral approach, you may say; but at high school age this is not fundamentally a moral problem.

With college students and young men and women who are working, arguments of logic and reason have greater effect. They are older and more experienced; they have hopes and expectations for the future which did not exist fifteen years ago for their elders; we can try a different approach. The liquor business today is a racket of the worst description. Prices rise as quality decreases; night club owners grow rich by selling inferior goods at fantastic prices to people with more money than sense; liquor store clerks save their supplies for those willing to bribe them. Here is an appeal to adult intelligence: "Are you a sucker? Do you enjoy being the victim of a racket? What do you get out of drinking that makes you willing to encourage black market activities?" Few young people enjoy drinking when they start; and still fewer have any need for it. Give them a job which interests them, educational and recreational activities for their spare time, and the force of your arguments will strike receptive ears and minds.

The tradition of social drinking cannot be broken in a week or a year; but if we can direct and advise the age group of 13 to 23 it can be destroyed in far less time than it took it to grow. Our task needs patience and understanding; but if successful it will mean that a new generation will grow up with a sane and practical view of the situation, and will thus be able to establish a new standard of "group approval." This standard will be based upon the natural inclinations of youth towards success in work and sport, in scientific creation, and in the advancement of new ideas which in their opinion at least, can cure all the troubles of this sad old world.

OUR MOST SERIOUS ALCOHOL PROBLEM

By **HARRY S. WARNER**

THE PROBLEM of alcohol is not that toxic pleasure costs those who seek it \$7,700,000,000 annually; the public probably as much more, to care for the depleted manhood that comes from this custom. It is not the number of drunken pedestrians killed on the highways; nor the casualties that follow when drivers have been drinking, little or much; nor is it the stream of repeating drunks released by police courts on Monday to return the following week-end; nor the increase of alcoholic patients at hospitals for the mentally disordered, the sanitariums, drunk farms; nor the run-down neighborhoods and homes where alcoholic complications are most acute; nor the 3,000,000 or more inebriates, 750,000 or more of them compulsive alcoholics who are emotionally and mentally, if not physically, ill. Nor, again, is it the excessively difficult problem of legal control of the traffic. These, mainly are consequences—not impelling forces and sources.

The alcohol problem of most serious proportions is that the majority, probably, of citizens in our modern society continue to support an ancient tradition that has such serious end-products as these.

The problem most difficult to face, is not the traffic; that was faced frankly at one time. Rather, it is that patterns of social conduct, outgrowth of toxic joy, have come down from our savage ancestors and are now accepted by masses of unthinking people, made fashionable by influential people. Thus, they are continued, renewed as standards of conduct in this modern world; they are accepted, even highly regarded, in the face of experience, daily observation and the scientific explanation that states of intoxication, mild to excessive in different degrees, are states of mental depression and emotional disorder.

From the *Christian Advocate*, Chicago, Ill., Febr. 27, 1947; by permission.

For the acceptance of alcohol tradition, its prominent display and the dramatic culture that surrounds it in "high society," have a dominant part in setting the social practices—even the moral standards—of millions of followers, who, seeking self-advancement, feel they must "keep up with the Joneses." It is this social or group drinking, the friendly invitation to participate—the fear of being a "wet blanket" if they do not—that initiates in youth most of the drinking of all degrees of moderation and excess that follow in later years. Once created, the personal habit and the social custom of counting on alcohol for sensations, tend steadily to sift out and to start toward lives of inferiority, then drunkenness and addiction, all those who are susceptible to it, those who can not endure the deranging effect of alcohol on brain and nerve centers. By repetition, it keeps them on that road through life. And it is those who feel most a need for that which alcohol seems to yield who suffer most from what it does yield.

Particular Trends Today

Basic, therefore, in the complex life of today, is the situation that arises when men and women of intelligence, prestige and leadership continue to accept for themselves, to exalt as a privilege, to glorify as "smart," and to sell for profit this brain-depressing, mind and emotion-confusing "pleasure substance" that men learned to use in the primitive days of the race.

Out of this tradition in our modern high-tension living, there have come, in recent years, trends or indications of direction that have increasing meaning for the future: increased drinking by women; the wider spread of drink among young people, and at an earlier age; the renewed pressure of social group expectations; and a new spread of drink acceptance by and among those who have been a restraining force against liquor in the past—the people of the Church who are in close contact with the drinking expectations of the general community.

Drink Among Women

Drink among women is most serious in its effect on the home, on the children in the home. The return of a mother or older sister from the cocktail room, the drinking party, the bottle in the closet for a nip during the day, the beer in

the refrigerator, fix life-patterns and attitudes in the most impressionable years. It is this alcoholic atmosphere in the home, transferred automatically from the tavern and the cocktail room that adds new seriousness to the problem today.

But the results of increased drinking on women themselves, and the nation, are also serious. Breaking from restraints of the past—healthful and unhealthful alike—many young women, especially middle-class women, in the absence of scientific understanding, quickly become heavy drinkers. Seeking to keep up with men, their lesser body-weight causes them to be more quickly intoxicated, or more drunken of an evening. Fleeing from undesirable conventions, few other controls have been acquired. Personal and exhibitionist consequences are quickly evident.

The rapid increase of women alcoholics in recent years is most unfortunate. There are now 600,000 female inebriates, including compulsive alcoholics, in the United States, according to a recent A. A. estimate; 5,000 of them are in Washington, D. C., the capital, center of social drink prestige. In 1946, Dr. R. V. Seliger, Johns Hopkins Hospital psychiatrist, reported that, during the years of his practice, the proportion of women to men alcoholics who came to him for treatment had increased from one in ten to four in ten patients; that of those admitted to mental hospitals for alcoholism, 60 per cent to 70 per cent are doomed to end their lives in hospitals or to drink themselves to death.

Drink Among Youth

The problem of drinking youth has become more acute since the war. But it is not mainly a war problem. It is essentially one of pre-existing social approvals, transferred automatically to youth by the smart practices of the older generation. Youth accept the custom, beginning at seventeen to nineteen years of age, because of the group invitations, the community assumptions of its desirability, the desire to try everything, to be like others, not to be "different." These are the sources that initiate the custom under normal conditions. In war and post-war atmosphere, these pressures are greater, resistance less, tensions abnormal and less subject to restraint.

Alcohol acts quickly on young people, first, because of youth itself; alcoholic disturbance of mental functioning can

not but be more acute, more quickly intoxicating than if drinking began in mature years. Second, alcoholism, the result of much drinking, has a longer span of time in which to grow, to become dominant in life, as it so often does after years of drinking; as it does quickly among those who are emotionally immature or disordered.

Beginning in youth, the custom of drinking selects from every group of youth, some, who sooner or later, become victims, confirmed alcoholics. And scientific knowledge does not show who these will be; only rough experience does that, *usually when too late.*

Social Drink

The approvals and attitudes of his small social group have a dominating influence on the average person. Only the very independent, the unusual individualist, ordinarily is able or willing to take a position of resistance. Often when he does, he is respected; but at the critical moment, he does not know this and fears he will not be popular unless he accepts the social glass of the group. "Hundreds of students have told me that they are unable to resist the social pressure of their group," said a professor of Clinical Psychiatry in a great university, very recently. "Unfortunately, the individual who finds it hard to be in the minority, is often the one least able to resist the tendency to become alcoholic. It is the exciting, stimulating, pleasurable surroundings of college drinking, even when done in moderation, that makes it a particularly dangerous influence in later life."

But it is this social group drinking that starts drinking among all types of young people—those able to withstand its impact for a time, and those who, because of inner conflicts, nervous deficiencies, unhappy home life, quickly run the gamut into heavy use.

That so large a part of society today should accept, as desirable, socially dignified or necessary, this direct means to intoxication, that they seem to enjoy drunkenness, at least in its milder stages, is a basic part of the liquor problem now as in past ages. For neither the nervously disorganized youth nor the neurotic, would become alcoholic, nor would a normal youth become a dangerous auto driver, if the alcohol he had taken did not disturb the functioning of his brain.

The most serious liquor problem, in its consequences in every-day life, is that so many people want for themselves this drug-means to temporary illusion, release, or escape; or they want gain out of supplying it in unlimited quantities to others—and don't care what happens. For a constant flow of vicious consequences invariably follows, wherever and whenever alcoholic beverages are substituted for the normal, healthful satisfactions that human need demands.

Church Members Drinking

The recent increase of social drink in Protestant church circles, where previously under heavy taboo, is largely a result of surrounding social influence, the desire to conform to fashion, to be alike, not unlike, other groups when entertaining friends and in ceremonial practices. In the absence of scientific and educational foundations for not thus conforming "to the ways of the world," the surrounding culture swamped their previous convictions. Conventional church attitudes, chiefly authoritarian—that drink is "sinful" with little accompanying *reason why*—lost their sense of reality. So the social drink tradition—even more conventional, more authoritarian—was accepted, since it seemed to be "the thing to do"; community prestige decided the question.

But some of this deflection must be interpreted, in part at least, as an unexpressed need for better understanding, for a substantial, more scientific basis for discarding drink practices, community folkways. A realistic acknowledgment of what alcoholic "pleasure" *really is* should be made widely available. For a full understanding of how alcohol affects human personality, human living, the home and the community, leaves no foundation for its acceptance in lives that would be Christian.

First, the spread of drinking among church members has serious repercussions in the community, especially among the young. The Church and its membership seek to express the highest possible standards of life in personality and community living. Alcohol, a depressant of all mental, nervous, and spiritual capacities, tends to affect life in ways that are diametrically opposite. Even in small quantities, it disturbs the effective functioning of the mind. This is its main characteristic.

Second, yielding to prestige, the pressure of "the Joneses,"

church members set a negative, instead of a positive social pattern. They suggest, thereby, a lack of confidence in the social expression of their religion to provide the satisfaction needed, friendly association, release from irritation, frustration, fear. Such an attitude is non-Christian. For today, great scientists, as well as church thinkers, assign much of this function in life to religion. As Dr. E. N. Jellinek says:

"The ethical standards of religion are a powerful factor in counteracting undesirable forms of release from tension. The most powerful, the most justifiable, the most noble and perfect release is that of religion."

Since alcoholic ease and release from tension are a popular self-prescribed drug substitution for the emotional release that play, music, rest, and religion afford, alcohol may well be consigned to the expert, the doctor. To choose it freely, in place of that which is natural and healthful, is to substitute a lower for a higher road to what is needed; to desert God for a drug.

Third, an even more basic Christian ideal is involved: That "if meat makes my brother to offend":—but how much more realistic when intoxication causes my brother to offend; and with consequences vastly more complicated and serious, on personality and in society, than any "meat" could possibly have. This, more than any other, may well be the basic Christian conception as to beverage alcohol.

In conclusion, the problem of alcohol is that its use leads to intoxication; that intoxication, mild or heavy, is a state of inferiority, of scientifically tested indications of inferiority; that men use, make and sell this drug to obtain intoxicated feelings, slight, mild and maudlin. When these facts and attitudes are faced frankly, progress toward solution will be more certain.

THE AMERICAN SAFETY COUNCIL is very much concerned with the accident record of the moderate drinker, the man who thinks he still is able to drive, but whose judgment in reality is lessened and whose motor reactions are slower.—C. J. POTTHOFF, M.D., M.P.H.

CULT OF TOXIC CULTURE

*Seek the Truth
Come Whence It May
Lead Where It Will*

Selling a Brain Depressant

ALCOHOLIC LIQUOR is sui generis, of its own kind, unique and unlike the great majority of commodities. The man who deals in it deals with merchandise which has special social implications. He has accentuated community responsibility not comparable to the dealer in other merchandise.—*National Liquor Review*, Nov., '46.

* * *

New Danger Trend

What makes the spread of alcoholism so ominous is the fact that it is making its deepest inroads among our most intelligent and most sensitive women.—ROBERT V. SELIGER, M.D., Member Psychiatric Staff, Johns Hopkins Hospital, Baltimore..

* * *

Habits of Their Set

In a complex society with so many tensions at work, we have the neurotic or diseased personalities. It is natural that they should take recourse to intoxication to a larger degree than others. They probably constitute 40 per cent of the inebriate population, but 60 per cent comes to alcoholism from an entirely normal origin and only in the course of drink. They are not seeking release. They are conforming to certain habits of their set.—DR. E. M. JELLINEK, Yale School of Alcohol Studies.

* * *

A Disease

Alcoholism is a disease. Twelve thousand alcoholics die each year, according to death certificates, and this is only a fraction of the actual number. Alcoholics cost us nearly one billion a year.—MARTY MANN, Director National Committee for Education on Alcohol.

Tipsy Driving in California

In contrast to an increase of 80 per cent in drunken driving throughout California in 1946, the percentage of traffic accidents in Sacramento in which liquor was a factor actually decreased.—*Sacramento Union*, Jan. 31, '47.

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Headlines

"Beer Sales Up 52,163 barrels in December"; "Brewing Corporation earns \$563,619 in First Quarter"; "Hanum Brewery Begins National Advertising"; "San Francisco Brewing Corporation in Big Expansion"; "Red Top Doubles Net Profit for 9 Months."—Headlines from the *Brewers' Bulletin*, Feb. 3, '47.

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Liquor Culture

Chapman's mother testified her drinking caused the boy's downfall. "Too damn many bridge-playing mothers. Too damn many cold suppers for son and father to come home to. Too much afternoon and evening drinking," said the attorney to the jury. And two Youngstown, Ohio, high school boys were sentenced, for murder—one to the chair, the other to life.—*Ohio State Journal*, Mch. 1, '47.

* * *

Wilted Lily Glamour

As for taking the glamour out of cocktail parties, I think this comes under the head of unpainting the wilted lily. There's none in them. I've never met anyone who admitted that he liked cocktail parties.—EDWIN A. LAHEY, Columnist.

* * *

Did Liquor Daze Kindle It?

A careless cigarette smoker dazed by liquor was blamed today by City Fire Marshal Harry Phillips as the most likely cause of the Winecoff hotel fire that took 120 lives.

Definite origin of the most deadly hotel fire in the country's history probably never will be established. . . . Investigators were unable to locate anyone who saw the flames before several floors were enveloped. Whisky bottles were strewn around many rooms . . . the fire department had put out several hotel room blazes started by "drunks" at various times, firemen were called out every night on "burning mattress" cases.—*Press Dispatch*, Dec. 10, '46.

Consumption of Alcoholic Liquors

Measured in gallons of absolute alcohol, the per capita consumption of beverage alcohol in 1945 was as follows:

District of Columbia	2.94
Nevada	2.70
California	2.02
Connecticut	2.00
New Jersey	2.00
New York	1.93
Wisconsin	1.86
Illinois	1.83
Maryland	1.83
Delaware	1.76

* * *

Cold Cure

Two "glasses of hot brandy" for a cold cost Patrolman ——— a 10-day suspension from the police department yesterday. The penalty was administered by Safety Director ——— in a hearing at which ——— pleaded guilty to a charge of intoxication while on duty. The director quoted the policeman as saying he had been "feeling bad" and believed the two drinks "would bolster me up."—*Ohio State Journal*, Jan. 29, '47.

* * *

Social Sifting Process

The desire for alcoholic pleasure, endorsed by social prestige and custom, steadily sifts out of the community those who find it difficult to remain moderate. Some of them, including some with that nervous make-up which signifies creative ability, quickly become excessive after a few experiences; others, by far the greatest number, more gradually; yet others, only after years of frequent drinking. Jack London says it took him twenty years to acquire the habit; then John Barleycorn "had him at last." Whether started quickly with whisky or slowly with the dilute beverages, addiction claims, and for ages has claimed, a steady supply of victims. The per cent that reach that point early in life is not great, yet vast numbers do sooner or later.—HARRY S. WARNER, *The Liquor Cult and Its Culture*.

Port Elizabeth, South Africa

Many are gravely concerned at the increase of unfavorable social and industrial factors arising out of increasing drunkenness . . . and implication of the ease with which alcoholic liquor may be obtained.—*The Tribune*, Capetown, S.A., Jan., '47.

* * *

Free Leaders of Free India

A regulation of the Congress Party: "No person who carries on trade in liquor or is addicted to drink shall be eligible for election" as a Congress delegate.

* * *

Is It "Going Out?"

Of all the things dedicated to spoil the evening . . . of all the crimes committed in the name of hospitality . . . the cocktail party ranks first.—*MARTHA KROK*, Washington, D. C., writer, *Vogue Magazine*, Jan. 1, '47.

* * *

Former Scourge---and Present

If there were as much money to be made out of the germs of tuberculosis and syphilis as there is out of the drug that leads to alcoholism, they, too, would have remained the scourges they were in other years.—*HON. MORRIS SHEPPARD*, late United States Senator, Texas.

* * *

Seeking Control of Toxic Culture

As operating principles for social control of Alcoholic Beverages, the Federal Council of Churches of Christ in America includes, along with the revision of the tax structure, enforcement of laws regarding licenses, prevention of sales to minors and the use of revenue from liquor to discourage consumption, the two following in detail:

1. "Regulation of advertising of alcoholic beverages. We deplore the effect which the advertising of alcoholic beverages is destined to have, especially upon the mind of youth, through its unwarranted and false claims, which go beyond public presentation of brand names, common to all advertising, and which aim to invest the use of alcohol with prestige and desirability. This calls for regulatory practices which, if

not voluntarily put into effect by advertising agents, should be imposed by appropriate organs of government.

2. "Local or state elimination of traffic in alcoholic beverages. This means what is commonly known as local option, eliminating the trade or traffic in neighborhoods, communities or states where at least a majority of the citizens agree that such action shall be taken."

* * *

Catabolic By-products

Thousands of wives write to me bemoaning their impoverished condition because their husbands stop at taverns and "blow in" their pay checks.

Sometimes the husbands also come home 24 hours later unable to account for their absence.

In physiology, we talk about rival processes, such as "catabolic," which tears down, versus the "anabolic" which builds up.

Your pay check is not the only reward you obtain for investing your life in a given job.

The psychological satisfaction of having aided mankind and of having built up a higher state of general happiness often exceeds a big salary.

Selling groceries and shoes, drugs, and radios, will enable you to feel happy over having improved man's total happiness. They are anabolic jobs.

Can you say the same for liquor when you see its catabolic by-products? Don't sell out for wages alone. Judas Iscariot did so and committed suicide in his resulting humiliation and despair. —DR. GEORGE W. CRANE, Psychiatrist, *Chicago Daily News*.

* * *

How Come, "More Charming"?

Out of 29 legitimate divertissements now showing in and around Times Square, 24 contain bars, bar rooms, cocktail lounges or isolated scenes in which characters imbibe, rye, scotch, champagne, beer or cocktails. Three of the big Broadway hits . . . are out and out tracts expounding the thesis that people who get drunk are better off and or more charming to know than those who stay sober.—DOROTHY KILGALLEN, "The Voice of Broadway," *Ohio State Journal*, Nov. 14, '46.

Fiction Meets Fact

Kit Carson, a popular columnist in the liquor press, in the *Beverage Retailer Weekly* for December 16, 1946, tells the story of a conspicuous pre-Christmas whisky ad which appeared in the *New York Herald-Tribune*, Tuesday, December 10, and which, by some strange association, was flanked by "a full-column Associated Press news story headed 'Tipsy Smoker Believed Cause of Atlanta Fire.'!"

Carson comments briefly:

"It just did not seem possible. Here's a large advertiser that had obtained one of the choicest preferred positions, yet a make-up blunder had made the advertisement worse than worthless."—*The Foundation Says*, Chicago, Ill., Jan., '47.

* * *

Those at the Top

We are confronted today with a practical situation and what to do with it. If one thing is to be learned from our prohibition experiment, it should be, as Emerson put it, that "the law is only a memorandum," and that intelligent public opinion must precede the enactment of legislation. While that is being accomplished, there is another and more significant step to be taken; that is, for the members of the top intellectual stratum, who led us out of prohibition, to lead us back to it, of their own volition, through abstinence. Such a step will be vicarious—for it is not among this group that the evils of alcohol are most apparent. It is, as we descend the intellectual scale, that we find the greater damage from alcohol. But *the few people at the top* cannot enjoy for long their prosperity and security, unless the whole nation rests on a solid economic and moral basis.—JOHN NUVEEN, JR., *John Barleycorn, Social Esquire*.

Enclosed please find another check for your work among college students. Because these very soon will be moving into positions of leadership one cannot help but think that this is a most efficient investment of funds.—A California Business Man.

Millions have taken up the habit because cocktails are fashionable—and for no other reason.—MRS. WALTER FERGUSON, *The Woman's Viewpoint*.

CLEAR PUBLIC MEDIA FOR EQUAL EXPRESSION

DO THE MEDIA of public expression, the newspapers, magazines, radio, afford the means and the opportunity for equal discussion of the "pros" and "cons" of the alcohol problem? Can they be factual, objective in their treatment of news regarding liquor and its influence in the daily flow of events? Do they avoid slanting the news and its interpretation to favor—especially, to avoid discrediting—those who support most profitably their advertising columns?

Some do. Some are fair and reasonable. Several great newspaper chains and magazine publishers decline to accept advertising from liquor sources in order to maintain their freedom. These are the exceptions—successful exceptions, it may be noted.

But most newspapers receive at least two-thirds of their income from advertising, not from the sales of papers. Thus subsidized, a direct relationship naturally exists between editorial policy and the social viewpoint of their dominant advertisers. With the highest determination to be independent, it is difficult for a magazine or newspaper to be so, especially in regard to so highly advertised a product as beverage alcohol which pays \$40,000,000 a year to newspapers, magazines and the radio.

"The immediate purpose of this advertising is to create good-will toward the industry, to lead the people to believe that social standing depends upon the use of beverage alcohol, to associate it with that which is gracious and high and noble in life. Its ultimate purpose is to get those not drinking to drink, those now drinking to drink more; this increases the sale of their product," said a recent investigating expert.

To help clear the media of public opinion from this overwhelming pressure of liquor-propaganda money, and to open the way to a fairer and more intelligent discussion of alcohol problems on their merits, is the purpose of a plan of protest—a plan of public opinion expression—recently undertaken

IN THE ORDINARY occupations and vocations of life the use of alcohol in amounts too small even to develop any appreciable outward effect nevertheless causes definite inferiority of performance, particularly in those reflexes of eye and ear and hand and foot upon which so much of life depends for its safety on the highway.

The alcohol in one bottle of beer or in one cocktail is sufficient to cause delay in the normal reactions in the driver of a motor vehicle for the next couple of hours, which readily accounts for many of the tragedies of the road.—HAVEN EMERSON, M.D., in a Radio Address for the *American Public Health Association*.

under the leadership of the Council of Christian Social Progress, Committee on Social Evils, R. LeRue Cober, Chairman, Box 1872, New Haven, Conn. The plan gives the average citizen a simple, direct way in which he—and thousands like him—can express himself effectively where such expression counts most. To express yourself on liquor advertising, write this address for what can be done now.

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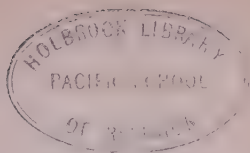
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MAY
1947

THE
INTERNATIONAL



STUDENT

OF LIQUOR IN LIFE TODAY

In This Number --

PREVENTIVE MEDICINE AND THE ALCOHOL-SICK
VISION—EDUCATION—PREVENTION
REACTIONS TO "THE LOST WEEK END"
THEY CHOOSE TEA
STUDENT GUEST EDITORIAL
NEW COLLEGE LEADERSHIP
CULT OF TOXIC CULTURE
REVIEW OF "THE LIQUOR CULT"

BABCOCK HALL, COLLEGE OF WOOSTER
WOOSTER, OHIO (See Page 185)

"Democracy
is something
deeper than
Liberty; it is
Responsibility"



THE INTERNATIONAL STUDENT

MAY, 1947

Vol. XLIV, No. 6

HARRY S. WARNER, *Editor*

Beginning A Modern Understanding LITERATURE

Editorial

WITH THE CLOSE of the academic year, 1946-'47, the Intercollegiate Association for Study of the Alcohol Problem continues its particular attention of recent years, to the encouraging of study of the Alcohol Problem, by and among college students, teachers and high school teachers—*with a view to service and community leadership.*

Foreseeing that progress toward solution must include, in addition to, or preceding all other constructive activities, a new and vastly enlarged program toward changing the "drink culture," inherited from past ages, into modern, healthful, non-alcoholic culture, the Association finds among the leaders of higher education, the opportunity of a service that they, *more than any other, are qualified to render.* To them it of-

(Continued on Page 184)

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Preventive Medicine

AND THE ALCOHOL-SICK

By HARRY S. WARNER

CALLING the Alcoholic "*a sick man*," as scientific understanding now classifies him, his state of personality disorder alcoholism, raises interesting new questions—questions that seldom emerged when he was regarded merely as a victim of his own excesses, a violator of the code of his social group.

What about alcoholic sickness? What is it? How prevalent is it? How does it get started? What spreads it through a community? Is it being treated by experts as a disease? By public health agencies as they treat other menaces to community health? What is its place in modern sanitary and health movements? Who is responsible, the community, the sick man, or both?

Scientific Foresight

In these very recent years, health leaders, far-seeing medical men and doctors of many varieties, specialists, scientists, sanitary engineers and city, state and national health boards are "going all out" for "preventive medicine." In associated fields, "preventive dentistry" seeks to preserve the teeth that Nature gives. Some dentists give their entire time to this approach. Children are taught early to care for their teeth. Yearly inspections by the dentist are urged. Preservation has taken precedence over extraction. For community safety and welfare, as well as that of the individual, "health conservation," "health insurance," and programs of education in the schools and the public, are organized continually to raise and preserve our standards of physical and mental strength. The trend today is to regard conservation of health as of equal importance with the care and cure of the sick. This approach is basic in the programs of educators, welfare workers, church

leaders, physicians, psychiatrists and Public Health Commissioners.

In this spirit of scientific foresight, increasing millions of money are raised privately and provided by the government, each year, to discover sources and distributing agents of disease, to popularize means of control—to eliminate unsanitary and disease-ridden slums, swamps,—sources of germs, flies; mosquitoes; to insure purity of water supply, of milk free from infection; to immunize the sick; to isolate those who carry danger to the community; to quarantine against incoming contagion—to give concrete expression to the theme of "Preventive Medicine" that literally is sweeping public attention into intelligent social action against such age-old scourges as tuberculosis, typhoid, yellow fever and diphtheria—to an increasing degree against syphilis, cancer—even against the "common cold," that some authorities regard as causing more misery and loss than any of the more deadly diseases.

Modern Health Emphasis

This most recent approach by experts of many varieties, *reflecting the spirit of the age*, in preventive effort in their own practice and in their appeal to the public, is a high development in scientific thinking and resulting social philosophy. It asks the practical question: "Why wait until sickness strikes?" in those instances where it can be forecast. With "better fences at the top of the cliff," fewer ambulances may be needed at the bottom. Human living has already been greatly enriched by this fundamental approach, the average life of many has lengthened each year as a result.

Scientific information applied to the elimination of obstructions to good health are today transforming civilization. Typhoid fever, a few decades ago a great scourge, has been brought under control, practically eliminated in city life, by sanitary measures that insure pure water and clean milk, and provide other safeguards against infection. The mortality rate from typhoid dropped from 36 per 100,000 to 1.5 per 100,000 in forty years, that of diphtheria from 43 per 100,000 to 1.5 in a similar period.

Tuberculosis, once called "captain of the men of death," no longer deserves this sinister characterization, having

dropped as a cause of death from first place before 1900 to eighth in 1940.¹ Known in its common pulmonary form as 'consumption,' it carried with it a death sentence and a life expectancy of not more than two years. How different the outlook today. . . . The death-rate from tuberculosis, however, still remains enormous." If health leaders were to devote equally great research and similar scientific processes to the problem of alcohol, that great evil would be better understood by the public. It would, also, be on a progressive way out.

Some of the basic understandings and the philosophies that properly grow out of them, even the principles and procedures of preventive medicine, *now in full operation* toward control, reduction and removal of other great illnesses, with proper adaptation and accuracy, may well be applied to the health aspect of the alcohol problem—to the removal of public ignorance and the prevention of alcoholism—to the study of its initiation, the sources and forces that spread it, and the maturing of alcoholics, the final sufferers from this great sickness. For the inebriates and the "excessive drinkers," now numbering over 3,000,000 in the United States,² constitute a permanent pool of sick humanity, already in an advanced stage of illness, out of which come the 750,000 or more confirmed alcoholics, so seriously ill that only an expert can be of much aid to them. The result of various personal and social factors, these groups and the other heavy drinkers approaching them constitute one of the greatest as well as the most complicated of all modern health problems.

The Sick Man

The matured alcoholic is really sick, mentally and emotionally, often physically as well. In about 40 per cent of cases, it has been found that heavy drinking is a symptom of underlying personality disorders; in about 60 per cent, these disorders have resulted from and grown with social drinking. At the beginning of his drinking career, the alcoholic may have been able to make a responsible decision as to "how much." As it developed his capacities of self-control and self-criticism became so disorganized that he practically lost

that ability. He came to depend on the drug alcohol to give him the release, ease, escape that normal living should and does give to others in healthful ways. His desires are centered in alcohol, in its effects on his mind and nerves. Often he is a man of ability and potential service to the community. He is worth helping. He can be helped—by those who understand him, the specialist, the psychiatrist, the doctor, the alcohol clinic, the understanding minister, the "A. A." who once was as he is; the Salvation Army worker and his home for inebriates. To return to normal life, with such aid, he must also free himself from alcoholic self-confidence, come to feel dependence on a power higher than himself and renounce alcohol absolutely as a beverage.

The new courses of aid and recovery for the "alcoholic sick" who wish to be helped have been well explored, tested and are yielding results.

Alcoholic Sickness

But with all the service being rendered by modern scientific effort to the individual, the spread and growth of alcoholic illness continues. It increases and deepens in many communities and the nation. Great curative efforts are not enough; they apply to but a part of the problem. For back of the 750,000 alcoholics are the nearly 2,500,000 inebriates; and back of these are many millions of heavy, occasional, and frequent drinkers who continue their work and social life with little interruption; and back of these in turn are millions of moderate drinkers, who include within their number many whose emotional make-up is such that they can not long remain moderate; then, yet further back, at the initial end of the process, are the beginners, all of whom start the alcohol desire with little or no knowledge of whether or not they can withstand a *life of alcoholic impact on their central nervous system*. Basic to the whole process are the social group appeals and pressures, and the tradition of alcoholic pleasure, that keep youth drinking year after year, following his first experience, until to those who are susceptible—and those who become susceptible during their drinking career—the inebriate and compulsive stages bring mental and nervous disorder, sickness, insanity.

(Continued on Page 168)

Vision---Education---Prevention

STEPS IN A PROGRAM

“IF WE HAD spent the years since we found the cause of typhoid fever in learning how to treat the patient, we would not have rid our country of typhoid. The same is true of diphtheria. It takes a more intensive imagination to plan for the prevention of disease than it does to handle it when it is before us in suffering mankind.”

These words were spoken recently by the eminent health authority Dr. Haven Emerson. They are sobering statements coming at a time when in the alcohol field a disproportionate amount of effort seems to be exerted in ameliorating the effects with little attention devoted to the cause.

We must not for a moment underestimate the value of any humanitarian program calculated to restore the alcoholic. On the other hand we must face up with that “which shaped him in the thing he is” and determine what we are going to do.

It is common today to regard alcoholism as a disease. There are two companion attitudes to be taken regarding disease. One is to take due precaution not to contract it and the second is to use every means to stamp out the cause; and stamping out the cause is the ultimate objective of all wars on disease.

While the war against the cause is being waged, however, the precautions of not contracting this so-called disease must be exercised to the fullest.

“Anyone can become an alcoholic,” says Dr. Fleming of Harvard. If this is true, total abstinence is the only safe course and this precaution is 100 per cent certain for no one ever became an alcoholic who didn’t drink alcohol.

Three lines of approach are necessary in dealing with the problem of alcoholism and these are not necessarily stated in order of importance.

1. Restore the alcoholic.
2. Curtail the number of liquor outlets.
3. Educate youth in respect to what alcohol is and does.

From an editorial in *The Massachusetts Issue*, March, 1947.

PREVENTATIVE MEDICINE

And the Alcohol-Sick

(Continued from Page 166)

"With tuberculosis, cancer, syphilis, mental disease and infantile paralysis receiving competent and intelligent medical attention," writes Dr. Winfred Overholzer, St. Elizabeth's National Hospital, Washington, D.C., "We now have alcoholism as the greatest public health problem of the present time which is not being systematically attacked."³ From the United States Public Health Service, Dr. Lawrence Kolb, Assistant Surgeon General, regards alcohol as "a very serious health problem" and "fourth in the list of conditions that bring people to the hospital for mental diseases."⁴ "According to census reports," summarizes Dr. Gray, "alcohol caused more deaths in 1937 than any one of the thirty-one infectious diseases, some of them notorious pestilences."⁵

Comparing specifically with diseases that at once will be recognized as nationally serious, the following may serve as illustrations:

(1) **Cancer.** Deeply concerned, many of the keenest scientific minds of the age are engaged in an intensive and world-wide effort to discover the causes of cancer and to find a cure for those afflicted. The public has demonstrated its interest and cooperation by providing millions of dollars in permanent funds to insure persistent, long-time research, and by hearty acceptance and use of the information as gained. A new National Cancer Institute is in full operation just outside Washington. In 1946, \$4,500,000 was spent by public and private interests in research alone. The threat and horror of cancer are never minimized, for "approximately one-half million persons are ill of cancer."⁶ There are 10,000 deaths from it each year in the United States."⁶

But there are at least 750,000 alcoholics ill at one time, and nearly two and one-half million inebriates, most of whom do not die, but who can not be classed as mentally well. Of the cancer patients, says Dr. Gray, "we estimate that 20 per cent might be saved by use of all existing knowledge and methods of treatment." But of the alcoholics, even greater results in the rehabilitation of lives may be expected. Many psychiatrists report real results. The "A. A." alone are rehabili-

tating from 40 per cent to 60 per cent of those who come under their treatment by their strictly abstinent, human understanding and religious motivation and fellowship.

(2) **Tuberculosis.** "Fully half a million people are acutely sick with tuberculosis in the United States," says the National Tuberculosis Association. Other authorities put it at 700,000, perhaps including those who have not reached the acute stage. To aid research and treatment, the Federal government appropriated \$10,000,000 in 1945. The service and money being given by private and state agencies, professional and lay, is very great. As a result, a marked reduction of the disease is one of the health trends of the present time. Yet there are many more confirmed alcoholics than tubercular patients and two and one-half million "excessive drinkers" in addition. But much of the public is indifferent, ignorant of what is happening. While efforts are made to stamp out tuberculosis, *little is done to reach alcoholism at its sources.* Alcoholics are neglected, treated as "sinners" against their drinking caste, against the social cult of moderate use and self-restrained drinking.

Alcoholic illness is chiefly sickness of the mind, a disturbance of the functioning of the mind. "The greatest harm perhaps results from the fact that alcohol clouds judgment, depresses will power, and takes the check off self-restraint. In short, it dulls the highest and noblest functions of the mind."⁷

It begins with, and at all stages, is marked by intoxication, drunkenness. For the layman, alcoholic illness might be called matured drunkenness. Its magnitude, as it stands out in mental health activities, may be inferred from the fact that "approximately 10 to 25 per cent of admissions to all mental hospitals in this country are direct or remote results" of liquor.⁸ For every such patient there is a history and background of economic waste, failure, misery and despair, of home disturbance and heavily unfortunate consequences to family, friends and the victim's place in the community. While scientific knowledge of how this all develops is not yet complete, the fact and extent of alcoholic sickness—mainly mental—is vast and tragic.

(3) "**Polio,**" or infantile paralysis, the spectacular scourge

that cripples youth and adults, struck down mysteriously, in 1944, 19,000; in 1945, 13,000. Since the March of Dimes campaign began, over \$8,000,000 has been raised by this unique appeal to aid the victims of poliomyelitis, and research toward its prevention. The public is aroused against this disease. But alcoholism, with its 750,000 compulsive drinkers, and its 2,250,000 additional inebriates, who cannot by any stretch of the imagination be called "moderate users," but are men and women crippled in mind if not in body by their excesses, had its beginnings also in youth; and almost always in social drinking groups at 16 to 25 years of age. The alcoholism with which they are afflicted did not "strike" suddenly; only a small per cent became alcoholics in their first few years of drinking. Their alcoholism grew unnoticed, laughed at by drinking companions and certain social groups as something that made them "the life of the party." Only after 35 years of age on the average, does serious alcoholism develop, slowly or rapidly, according to the nervous make-up and impelling social surroundings of the individuals afflicted.

Identify Sources and Centers

"In 1900 typhoid still occupied fourth place in the mortality list. . . . In that year alone there were 55,000 deaths from it. During the Spanish-American war one in every five soldiers in our encampments was sick with typhoid. It is now such a rare disease that many of our recent medical graduates have never seen a case."⁹

By finding and identifying the sources of infection in impure water, contaminated milk and unsanitary surroundings in the production of food, this disease has been largely cleared out at its origin. Together with vaccination and care, the prevalence and spread of typhoid has been tremendously reduced. Yellow fever, brought to America from West Africa with the slave trade, is now a vanishing disease in the Americas. Transmitted by the bite of infected mosquitoes, it has been suppressed by reduction of the swamps and pools that breed its distributing agents.

Thus many of the miracle advances of modern public health have occurred because science has been able to identify the sources and distributing agencies of disease, to seek

these initiating centers, to isolate the active agents of illness, to make them non-infective and fundamental procedures in public health service.

But when facing alcoholism as a public health matter—not just the excesses of an individual—it is sharply discovered that there are traditional pressures, social and industrial influences, and environmental circumstances that tend to perpetuate and increase, rather than reduce, the initiation and growth of alcoholism. For "alcohol enjoys a positive social acceptance that morphine, for instance, does not . . . the dominant cultural pattern even tends to encourage its use." In addition "it is the only drug (among those used for similar purposes) which is extensively advertised and openly sold. It is the product of a great industry with millions of dollars to spend in promoting its use and fighting attempts to curb its sale."¹⁰

These initiating sources and distributing agencies of the disease alcoholism, too often are overlooked, evaded or not understood. A large part of the public does not want to identify the actual situations and sources in which alcoholism usually begins and from which it spreads through the community and the nation.

For "practically all drinkers, moderate and excessive alike, even the addict whose personality inadequacy is his chief trouble—had their beginnings in a social group, in their younger, lesser knowing days. Friendly invitation, suggestion, a desire to meet expectations, especially *not to be different*, queer, are the starting points of occasional, moderate and heavy drinking alike. This youth of all degrees of alcoholic susceptibility, all shades of mental and emotional make-up, 'problem children' and those without a problem—are exposed to the attractions of alcohol, encouraged to enjoy it, to find release in it, to count upon it until *without knowledge* of what is happening, a sense of depending upon it has become a life-habit."¹¹

Modes of Transmission

"It is well nigh impossible to prevent or suppress a communicable disease without a knowledge of its mode of transmission," writes Dr. Rosenau, in "Preventive Medicine and Hygiene," the most comprehensive book on the subject to-

day. This he regards as "the most important single fact" both in aiding the individual and in general warfare against infection.¹² Therefore he classifies communicable diseases according to their modes of transmission.

They are: (1) Diseases that spread from person to person through discharges of the mouth and nose; tuberculosis, smallpox, measles, diphtheria, the common cold; (2) through alvine discharges; typhoid fever, cholera, dysentery, hook-worm; (3) by insects; mosquitoes, malaria, yellow fever; flies, trypanosome diseases; fleas plague, rats, fevers.¹²

But the *transmitting of alcoholic desires and habits*, which initiate and cultivate—in all who are in any way susceptible—that dependence on alcohol which is called "alcoholic sickness," is by social forces and agencies; by social customs, some of them are ingrained folk-ways, in the fashion of today. These are the transmitting agents, the "bad air," the "germs," the "mosquitoes," that spread the desire for this drug among those who just "can't take it." These modes of transmission must be examined frankly for they exert a dominant influence in initiating, spreading and popularizing the drinking from which alcoholic sickness comes. The part that these customs play in initiating and continuing the occasions and pressures that grow into alcoholic intemperance and yield the perennial crop of inebriates and addicts is far-reaching and self-multiplying. For even the born neurotic, or the unadjusted child of a discordant home would not become an alcoholic if he had not been led to drink by some social group.

Fashion plays an outstanding part, at least, for the time being, in spreading heavy drink practices and giving them prestige. A noted woman columnist writes:

"Millions have taken up the habit because cocktails are fashionable—and for no other reason. In the country young people drink because they hear it is done in swanky city sets. Middle-aged folks drink because they fear to be called moralists by youngsters. The poor drink because they know the rich do it. Women drink because they would rather be dead than out of style."¹³

The distributors, therefore, of alcoholic desires, the "carriers" of alcoholic sickness to those of little or no resistance, are (1) drink customs, social drinkers, and the group ap-

provals back of them; (2) the liquor-selling traffic, especially its excessive advertising to enlarge the number of drinkers and the frequency of their drinking. This is spread among those who are susceptible, and those who are able for a time to withstand its impact, the particular desire that, for many individuals in every generation quickly or slowly, becomes dominant even over the desire for clothing, self-respect, food.

Those Most Susceptible

The conception of the alcoholic as a sick man and the prevalence of alcoholism as a health problem, raises the question: Who are most likely to be so afflicted, to "catch it"? What conditions make men susceptible to it? What influences tend to increase or to reduce its prevalence, its "virulence," to use a medical term in a figurative sense? To these questions, there are many and complicated answers.

But specifically, as to mental health, it is clear that he who first becomes alcoholic is a person who in childhood has been neglected and unloved, or over-protected by parents; or, is over-sensitive, maladjusted to his associates and surroundings; or too introspective, full of resentments and nervous urges for which he finds relief in alcohol. Because of these pressures, he turns more freely to alcohol than does the average youth—after once he has learned its meaning to him. Of the 750,000 current addicts, it has been estimated that 40 per cent or more are disorganized personalities with this historical development.¹⁴

But there are others, with stable background, who come to addiction through steady drinking, some only after years of heavy drinking. They are so constituted by heredity, childhood conditioning, and strength of body and mind as to be able to withstand much excess. Yet, from these apparently self-controlled, steady drinkers, who regard themselves as fairly moderate, it has been estimated, come 60 per cent of the "alcoholic sick" who need the aid of the expert.¹⁴

People vary greatly in the degree to which they "catch," or are susceptible to other diseases. In tuberculosis, for every mature case there are many others who have had the beginnings of it. "Civilized man possesses a distinct resistance to tuberculosis. This is evident from the fact that many recover

spontaneously. Furthermore, by the age of twenty-one some 60 to 90 per cent of individuals who live under usual urban conditions, have become infected, yet only about one death out of every 20 is due to tuberculosis."¹⁵

One who is sensitive to tuberculosis does not necessarily develop an active case, become sick, or die from it. With the aid of modern preventive medicine, careful living, nourishing food, abundant fresh air, this disease may almost be "stopped in its tracks" if taken in time. But that vast numbers of people may be mildly or acutely subject to tuberculosis, that it can easily and quickly grow into serious proportions, that vast numbers can and do acquire it, are facts that are taken realistically, not evaded by public health authorities. Therefore, it is fought as one of the greatest public menaces to health.

Certainly the probability of growth in alcoholism, its acute development, its spread to millions, when conditions favor—its growth from mild intoxication to delirium tremens in some who know nothing of their ability to resist, who can not know until they have learned to depend upon it, is a health problem that should be faced no less frankly.

Social Sanitation

"In his struggle for survival, man is exposed not only to bacteria, viruses, protozoa and other parasites, but to many intoxicating substances as well. Some such as lead and arsenic, he may encounter in his work . . . much has been done in the past few years to improve conditions in industry and lessen the danger to workers. . . . Food poisoning, popularly but incorrectly called 'ptomaine poisoning,' is far less common than it was, due to modern processing, canning, refrigeration, handling and transportation. But *poisoning by alcohol* has been and *remains one of the most important and perplexing problems that medicine has to face.*"¹⁶

The new preventive health approach assumes that health is normal, sickness and poisoning avoidable. Attention is given to conservation of the native health resources of the individual and the community. To this end, it seeks, first to strengthen health that it may resist disease; second, to control disease when and if started; third, to define situations

and isolate the carriers that spread illness through a community. These, by research, education, legal control and banishment, it seeks to remove before many people can be affected by them, before much acute sickness develops. Sanitary housing, sources of water supply, the production of milk and meat, are major projects of public concern and scientific attention. Collection of garbage, clearing out of nuisances, draining of swamps, are such commonplace measures of sanitary living as almost to be overlooked as health projects today. To these sources of sickness the public has become fully health-conscious.

Yet alcoholism, a major illness, and the stages of intoxication preceding it, are not yet recognized as a matter of community sanitation. This great affliction, its sources and its media of distribution, are as serious a menace to the mental health and sanitation of a community as are those better known scourges, tuberculosis, cancer, syphilis. With three-quarters of a million helplessly under alcoholism, and nearly three million more already ill, in serious danger of becoming chronic, we face a problem no less gigantic and deadly than that of tuberculosis, with its 700,000 sick, cancer with its 500,000 known cases—yet a problem, which, in one respect, is vastly different. For while all groups of society that are awake and sane, support efforts to reduce tuberculosis, cancer and the social diseases, many other groups and segments of society are indifferent, ignorant of the realities, or give positive support to the customs, practices and attitudes that constitute the distributing centers, the spreading agents of alcoholism, and vast money interests seek and gain profit out of the one agent that is essential to alcoholism in all its varying degrees and forms.

Complete Coverage

On account of the failure of some states and over half the counties of the country to provide even minimum necessary sanitary and preventive measures in behalf of general good health, the American Medical Association, on June 10, 1942, voted that "at the earliest possible date complete coverage of the nation's area and population by local, county, district or regional full time modern health service be achieved."¹⁷ Thus it is hoped to safeguard public health by attention to

many sources of illness before sickness arises. It proposes a program of complete preventive coverage.

No less a program regarding alcohol and its morbid impact on human health—on the peculiarly susceptible, and the entirely normal alike—must be visualized if “complete coverage” of the Alcohol Problem of Today, is to be undertaken.

Neither health experts nor the citizen layman can longer ignore it. For “the rich and the poor, the highly intellectual and the ignorant, the frail and the robust, the shy and the apparently bold, the worried and the seemingly carefree, all furnish their quota of inebriates,” writes a leading psychiatrist. And he makes it clear that this increasing threat to health includes “people of accomplishment as well as those of no achievement.”¹⁸

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Raising Alcoholics

According to the best available information, 7 to 10 years of heavy drinking are usually required for the development of a typical alcohol addict. It should be remembered, however, that what might be considered light drinking for one individual is heavy drinking for another. There are, of course, different degrees of addiction, and some individuals doubtless become addicted much earlier than others.

It seems to be a highly significant fact that it is practically impossible to treat young alcoholics successfully.—ROGER J. WILLIAMS, PH.D., "The Etiology of Alcoholism," *Quart. Journal of Alcohol Studies*, Mch., '47, 579.

Reactions to "The Lost Week End"

OPINION POLL AMONG STUDENTS

DANIEL BROWER, Ph.D., Psychology,
New York University

THE FOLLOWING questionnaire was submitted to 116 undergraduate New York University students; 57 were males, 59 females. The summary of replies follows each item in the inquiry:

1. *How long ago have you seen "The Lost Week End?"*
Median 3.4 months.
2. *Rate your enjoyment of the movie by checking one of the following:*

Enjoyed it very much	57%
Enjoyed it moderately well	33%
Enjoyed it slightly	5%
Disliked it slightly	3%
Disliked it considerably	1%
Disliked it intensely	1%
3. *Did the picture make you think that all alcoholics are, in general, like the hero?*

Yes	12%
No	88%
4. *Did you get the impression that all those who drink to excess will become like the hero?*

Yes	32%
No	68%
5. *Did the movie convey to you the thought that alcoholism is hopeless and incurable?*

Yes	12%
No	88%
6. *Did the movie create an impression of inefficiency or brutality or apathy on the part of the hospital personnel*

Abbreviated from *The Quarterly Journal of Alcohol Studies*, March, 1947, 596-598.

in their treatment of alcoholics?

Yes 63%

No 37%

7. *Do you think that "The Lost Week End" portrayed the alcoholic as an individual who is ill and requires specialized treatment?*

Yes 78%

No 22%

By way of summary, it is apparent that 95 per cent of the group enjoyed the motion picture, most of them superlatively. It is therefore unlikely that any of the other responses reflect a generally low level of interest or boredom. . . . The importance of these data lies in the sample of popular response to a psychiatrically oriented film. Regardless of what the producers and cast sought consciously to elaborate, it appears that "The Lost Week End" failed to identify the hero as the typical alcoholic. It would seem desirable, in the light of the social problem of alcoholism in our time, to have that feeling implanted in more than a minority of the audience.

"A.A.'s" Get Results

The mushroom growth of Alcoholics Anonymous in this country, which claims a total membership of more than 23,000 in every state in the union and several foreign countries as well, proves the miracle of this synthesis of psychiatry, medicine and the spiritual, to which a generous dose of brotherhood has been added. While the clergy and medicine have effected a no more than 6 per cent "cure," Alcoholics Anonymous claims that 75 per cent of the alcoholics who seek their aid achieve sobriety.

Like no other association in the country, Alcoholics Anonymous is without any organizational setup, dues, fees or assessments. Yet, paradoxically, the "initiation fee" is far greater than that of the most exclusive club, for most of its members have spent thousands of dollars on alcohol before they "became eligible," or felt the need, for Alcoholics Anonymous.—VIRGINIA HALL BENTON, *Columbus (O.) Dispatch*, May 12, '46.

They Choose Tea

By EDWIN H. MAYNARD

A GROUP of *Chicago businessmen* have proved that a social occasion is more brilliant without a tongue-loosening drink. They are the Johnsonian Tea-ers, and their interest is good conversation. From experience they have found that conversation flourishes better when the beverage is tea than when it is alcohol in a cocktail or a highball.

Idol of the group is Samuel Johnson, famed English conversationalist of the eighteenth century, whose hours of coffee-house conversation were recorded in James Boswell's monumental biography. Johnson, at one time himself a heavy drinker, came to the conclusion that wine was an impediment to brilliant conversation, and in 1757 described himself as "a hardened and shameless tea-drinker."

Meeting first at the Boswell club in 1942, the Chicago businessmen looked for a beverage to stimulate conversation approximating that of Johnson and his circle. Largely on the basis of sentiment and tradition, they choose wine. Within a year many had come to the conclusion that wine produced not conversation, but talk—and sometimes not even talk: just noise.

Seek Real Social Aid

Their "Declaration of Independence" from cocktail parties is a good statement of their convictions: "We are of the belief that liquor plays too big a part in our social life. . . . We are more than a little disgusted by the widely-held belief that social events need or are greatly aided by the quality or quantity of the liquor served. We are dismayed at the example we are setting for the next generation in this matter; for however minor a part alcohol has played in our own personal lives we are shocked at the thought that the younger

Edwin H. Maynard, a member of the Executive Committee of the Inter-collegiate Association, is Editorial Assistant, *The Christian Advocate*, Chicago, Ill. This article is from the *Advocate*, February 27, '47.

generation, inheriting tremendous problems, might feel that liquor in any degree might solve them or pave the way toward their solution.

Indeed, we are much more sane when we consider this question in relation to our young folks than we are when we consider its importance in our own social life. We are, in short, arriving at the conviction that living in this world of present instability, in which we and our young people must live, the use of alcohol constitutes, for us, a constant and continuing threat and irritant, and we suspect its elimination may reveal to us and to our friends an enjoyment in living which will be fresh, invigorating, stimulating and original."

New Positive Approach

Genius of the Johnsonian Tea-ers is their positive approach. They do not say, "Don't drink wine," on the occasion of their monthly meetings. They say, "Let's drink tea." They don't crusade against the cocktail lounge, but in the late afternoon the tired businessmen often respond to a fellow member's invitation, "Let's have a cup of tea."

Founder of the group is Rousseau Van Voorhies of the Macmillan publishers. Convinced of the superiority of tea by the club's experiment, he is amazed that so simple a thing should not have been discovered before.

"Most of the men," he says, with a gesture around the dining room of the Union League club, "drink because it's the thing to do. The Rendezvous is the place to stop and meet one's friends, so they stop there for a cocktail before dinner. If somebody could just convince them that tea is as much of a he-man's drink as liquor, they would enjoy their evening much more and they would be in better shape when they got home."

Not restricting the applications of this principle to Union Leaguers, Mr. Van Voorhies envisions a spread of the custom to the point where coffee houses and tea houses might replace the tavern as the "poor man's club." He believes that sociability is what the working man seeks around the bar, and that liquor is there only through custom and because its sale is more profitable than coffee or tea. As examples of non-alcoholic sociability, he points to the coffee houses of eighteenth century London and the tea houses of China.

Student Guest Editorial

"They Tarry Long at the Wine"

By LOIS LEE REEVES, '48
Fisk University, Nashville, Tenn.

*Who hath woe? who hath sorrow? who hath contentions?
Who hath complaining? who hath wounds without cause?
Who hath redness of eyes?
They that tarry long at the wine.—PROVERBS 23: 29-30.*

PERHAPS THE ALCOHOLIC social practices of today are no more alarming than fifty years ago . . . perhaps the situation isn't as dreadful, as fearful as it seems to some of us . . . perhaps the horrible cloud of alcoholism has a brighter lining which will turn itself right side out sometime, somehow. Perhaps . . . but "perhaps" is to me an alarming adverb, for it rules out all certainty. It cannot, however, rule out for me the certainty that the worth of my generation is being enormously reduced by an enemy whom it recognizes as an enemy, and yet loves so inexplicably; it cannot offer me the assurance that character-building, the goal of civilized society, is not being seriously retarded by this foe. One practice, one fashion, has rendered the youth of today confused, cynical, disillusioned, and worse, unable to recover themselves from such a condition—they tarry long at the wine.

Chronic alcoholism and the plight of the dipsomaniac are wholly distressful to consider, but what is quite as alarming to me is the extensive prevalence of social drinking, a supposedly temperate practice, for I am convinced that it is this kind of drinking which is creating our greatest menace. I am further convinced that college life is the most fertile area for the conception and development of the social drinking idea. Although the movies and extravagant salesmanship unques-

This Guest Editorial, by Lois Lee Reeves, a Junior at Fisk University, Nashville, Tenn., is the May Award in the Contest being conducted among college students by *The Intercollegiate Association* throughout the year 1946-47, on the theme "Outgrowing Alcoholic Culture." For the final award of prizes, after June 30, \$500.00 has been appropriated, including a first of \$200.00, two seconds at \$50.00 each,*and ten thirds at \$20.00 each. Announcement of the winners and the winning editorials will appear in the October, 1947, *International Student*.

tionably come in for their share of the blame, the average youngster is not formally introduced into the alcoholic culture until he enters college. He then suddenly becomes aware of the importance of "moderate" drinking as an indication of social adjustment. During the college years, more than at any other time, the individual hates to be "different" when conformity is the fashion. He is constantly presented with an abundance of defenses, actually excuses, for the moderate consumption of "mild" alcoholic beverages, and the complacent attitude of feigned ignorance or actual indifference which college faculties and administrators assume serves as even more convincing indication that drinking is all right.

To condemn social drinking from the physical point of view is futile, since the harm it does it not always fully perceptible. We must rely, then, on an appeal to reason—a reason frequently already stultified by drinking on a "moderate" scale.

It has been said that moderate drinking loosens one's tongue, helps him to overcome his stagefright, and enables him to talk with more facility. And if this is true, what possible good can be accomplished by enabling an individual to talk, if he is simultaneously rendered incapable of saying anything as truly worth while as when he is sober?

Does drinking really overcome an inferiority complex? Such an action would seem to defeat itself, for whereas an inferiority complex is overcome with the removal of the conditions which have created the illusion of inferiority, drinking—even moderate drinking—creates an actual condition of inferiority. Wouldn't we prefer to struggle with complexes rather than inferiorities caused by the willful use of alcohol?

The assertion that the degree of drinking can be kept moderate by exercising self control is surely fallacious, since it is obvious that the first drink weakens the individual's ability to define any limits for his conduct or that of others.

It is not enough to stress the danger of whisky. Wine and beer, having a lower alcohol content, cause untold harm for which they are not blamed, because they are taken habitually from day to day, without apparent injury. The quantity of alcohol consumed in any one drink is about the same, whether whisky, wine, or beer, since as the alcohol content increases,

the liquid amount per drink is increased proportionately, thus effecting comparative equality between drinks of the different beverages.

The destiny of social drinking is in the hands of the non-drinkers. Theirs is the challenge to teach by example—to convince others beyond possible doubt that success and happiness in life can be achieved without one's succumbing to current alcohol practices; that, actually, the acceptance of current attitudes means the relinquishment of personal values which, once lost, are well-nigh irretrievable. Temperate (totally abstaining) individuals must strive to lead happy, useful and exemplary lives, attributable partially to their abstinence.

Later chances of acquiring the drinking habit will be considerably lessened if the right attitudes are fostered during the college years. College youth, while preparing to become the leaders of tomorrow, ought to be made to recognize fully one actuality—the folly of those who tarry long at the wine.

BEGINNING A "MODERN UNDERSTANDING"

(Continued from Page 162)

fers a self-multiplying opportunity in promoting scientifically-based thinking and the selecting of lasting procedures in community service.

To provide preliminary literature for this New Approach, the Association, for several years, has been popularizing and making readily available much of the latest and best scientific and educational material. It edited a pamphlet, "Popularizing the Educational Approach," lectures of Yale and Ohio State specialists; prepared a series of sixteen "Modern Approach" monographs, already distributed in 5,000 to 90,000 quantities; edits continuously *The International Student* that reaches regularly all colleges and thousands of high school libraries, in every state, including Alaska and Hawaii. It has just published a *fundamental, yet popularized, study of alcohol in modern life, based on scientific understanding*; and it provides other material as a basis for an enlarged and new movement toward the eventual removal or outgrowing of *Alcoholic Culture*. See pages 191-192.

New College Leadership IN COMMUNITY SERVICE

IN FOUR Ohio College-Communities, 1947 already has brought concrete illustrations of the positive new leadership being taken by colleges and college faculty members, in a very modern educational approach to the growing social danger of alcohol.

At Denison University, Granville, March 24 and 25, Dr. Albion Roy King, author of *The Psychology of Drunkenness* and Dean of Men at Cornell College, Iowa, by invitation of the faculty gave two days of speaking, discussions and conferences that included assembly lecture, class-room talks and discussion, a faculty conference of two hours, and an address at the high school.

At Wooster, a two-day Institute, sponsored by College of Wooster faculty members and the City Council of Churches, brought to the public the latest scientific and educational information and its enlarged use. Dr. Albion Roy King, Professor Howard E. Hamlin of the Ohio State Board of Education, Rev. Roy Grams, speakers, and Harry S. Warner, publications, all Fellows of the First Yale School of Alcohol Studies, participated. As an educational program for community leaders, the attendance included city officials, ministers, public school educators, community leaders and college teachers and students. Prof. John W. Chittum of the College was chairman and manager.

At Miami University, Oxford, in February, Prof. Howard E. Hamlin gave two and one-half days to an intensive campus program, using the latest educational and scientific material in talks and discussion in seventeen group sessions—including faculty and student leaders, economics, health, home economics, physiology classes, and fraternities, sororities and other groups.

At Marietta a Community Project in Alcohol Education was launched in March by Yale Summer School Alumni and college professors, to work out in successive monthly ses-

sions of leaders, a program for the city and county, Marietta College being especially interested. The initial meeting included representatives of 22 organizations.

The objective, as stated, is significant:

"We are here to clarify and unite public sentiment in regard to one of the greatest unsolved problems of our modern times: The alcohol problem. It is our privilege to serve the community as a commission on Alcohol EDUCATION. If after thorough study there is real need for community action, it will be our task to make available to our citizenry the information needed to undergird such action. Every organization of our city that is at all interested in improving civic conditions is being invited to send a delegation of two to be a part of this commission."

The appeal to the community as a whole for this enlarged program at Marietta is as follows:

"One person in 225 in America is an alcoholic. If that large a percentage of the population were victims of polio, we would take appropriate steps for the safeguarding of community health. According to these statistics and allowing for a larger rate in an urban center, there are between 75 and 100 alcoholics in Marietta. One out of every 52 persons in America is an 'excessive drinker.' On that basis we would have a total of 350 to 400 such persons in Marietta. . . .

"The alcoholic is a sick person in that he is caught in a vicious cycle from which in his own strength he can never recover."

Social Atmosphere Decides

If a potential alcoholic with a susceptible metabolic individuality is reared in an atmosphere where drinking is common and relatively unrestrained, where money to purchase liquor is available and there is abundant time in which to indulge, the chances of escaping addiction are extremely small. . . . On the other hand, if the potential alcoholic is reared and lives continuously under conditions which discourage the use of liquor, his chance of escape is good.—ROGER J. WILLIAMS, PH.D., "The Etiology of Alcoholism," *Quart. Jr. Studies on Alcohol*, Mch., '47, 581.

CULT OF TOXIC CULTURE

Seek the Truth

Come Whence It May

Lead Where It Will

Social Habits

THE TASK of changing social habits is no small one; it cannot be accomplished by force alone, or law alone, because the sanctions which make people feel comfortable in their habits exist in their own groups, and they do not care what outsiders think of them.—DR. JOHN DOLLARD, *Alcohol, Science and Society*, 101.

* * *

Wit---or What?

One cocktail or two, or a dozen, will not make a dull man witty, nor an inept man interesting in conversation; it just makes it difficult to tell the difference.

A group of people fearing that they cannot be interesting to each other, partially drug their self-criticism, their judgment, their associative processes and the inhibitions which make human conduct human; they give their body more control over their mind, destroy a part of their insight, their capacity to tell whether the party has been gay, the food good, the conversation witty.—DR. RICHARD CAMPBELL RAINES, *Minneapolis, Minn.*

* * *

Other Drugs or---Alcohol

If one placed in a heap all the wreckage of human lives produced by the habit-formation implied in morphinism, cocaineism, barbituate addiction, and all the narcotic and hypnotic drugs put together, and if one were to balance against them all the habit-formation of disastrous type subsumed under the term of alcoholism, the scale would shift immediately and unmistakably toward alcohol.—DRS. LEO ALEXANDER, MERRILL MOORE, and ABRAHAM MYERSON.

Review of "The Liquor Cult"

By **CECIL C. NORTH**, Professor of Sociology,
Ohio State University

THE LIQUOR CULT AND ITS CULTURE, by Harry S. Warner.
The Intercollegiate Association for the Study of the Alcohol Problem, Columbus, Ohio, 1946. pp. 119.

This is a concise, objective survey of the place the use of alcoholic beverages has occupied and today occupies in human society. Its use in primitive, ancient and modern cultures is briefly sketched. It draws from a wide range of scientific research on the physical and psychological aspects of its use.

A distinct contribution is the treatment of alcoholism as a neglected health problem. The number of persons afflicted with alcoholism is shown to be such as to constitute it a major problem for public and private health agencies; and, yet, it is not so recognized or given the attention that its seriousness demands. In both its physical and its mental aspects it presents a distinct challenge to modern medicine. It claims many victims among that section of the population which carries heavy social responsibilities.

One of the most serious aspects of the liquor cult is shown to be its association with the idea of cleverness and smartness.. Efficiently directed propaganda presents the generous use of alcoholic beverages as a sine-qua-non of smart and sophisticated social life. This makes it particularly menacing for young people who aspire to be recognized as "knowing their way around." The acquiring of desires for alcohol is shown to be distinctly of social origin, and counteracting it a problem for public education.

This, like earlier publications of Mr. Warner, takes the liquor problem out of the field of emotional moralizing and makes it one of scientific study, of public health and of public education.

INDEX of *THE INTERNATIONAL STUDENT*

Vol. XLIV (October, 1946---MAY, 1947)

"A.A.'s" Get Results	179
Aims in Alcohol Education, Federal Council of Churches	134
Alcohol, Calories, Vitamins, Minerals—and Alcohol	28
All-Over Program of Education, An, Earl Zeigler	15
An Approach to Social Drinking—Fanny B. Hayes	107
Arrests of Drunks Cost \$35.00 Each, Deets Pickett	81
Boothe, Robert C., Recreation or Tavern: Which?	39
Brower, Daniel, Reactions to "The Lost Week End"	178
Calories, Vitamins, Minerals—and Alcohol	28
Campus Program at Miami University, A	102
Clear Public Media for Equal Expression	158
Coaches of 1946 Express Themselves	103
College Student and Alcohol, The, William J. Faulkner	35
Cult of Toxic Culture	49, 94, 122, 152
Does Alcohol Aid Artistic Ability? Editorial Review	11
Drukker, Lewis, Time for Straight Talk	7
Dunford, Edward B., Federal-State Power Over Intoxicating Liquor... ..	51
Economic Factors of the Alcohol Problem, Fred D. L. Squires	21
Editorial, Laying Foundations	99
Editorial Review, Does Alcohol Aid Artistic Ability?	11
Effects Chiefly Mental, Walter R. Miles	45
Emerson, Haven, Social Health and Alcohol	131
Fairlie, William M., Lesser Degrees of Intoxication	47
Faulkner, William J., The College Student and Alcohol	35
Federal Council of Churches, Aims in Alcohol Education	134
Federal-State Power Over Intoxicating Liquor, Edward B. Dunford... ..	51
Haddon, Roger, The New Freshman Takes Up Drinking	77
Halford, C. R., Must We Follow Tradition?	135
Hamlin, Howard E., New Emphasis in School Instruction Regarding Alcohol	73
Hayes, Fanny B., An Approach to Social Drinking	107
High Cost of the Tavern, Frayser T. Lane	17
"I'm a Big Boy Now," Kent Prell	142
Index, 1946-'47	188
Judges Indict, Edwin H. Maynard	9
Juvenile Delinquency, James Hoge Ricks	58
Lane, Frayser T., High Cost of the Tavern	17
Laying Foundations, Editorial	99
Lesser Degrees of Intoxication, William M. Fairlie	47
"Little Yale School" in Toronto, A	79
Marsh, Daniel L., Men to Match the New Era	3
Maynard, Edwin H., Judges Indict	9
Maynard, Edwin H., They Choose Tea	180
Measuring the Drift to Alcohol Sickness	178
Mechanism of Escape, A, E. A. Strecker	59
Men to Match the New Era, Daniel L. Marsh	3
Miles, Walter R., Effects Chiefly Mental	45
Modern Approach Publications	29, 191
Modern Approach to the Problem of Alcohol, A, Harry S. Warner.....	67
Must We Follow Tradition? C. R. Halford	135
New College Leadership	185
New Emphasis in School Instruction Regarding Alcohol, Howard E. Hamlin	73
New Freshmen Takes Up Drinking, The, Roger Haddon	77
Nuveen, John, Jr., These at the Top	157
Our Most Serious Alcohol Problem, Harry S. Warner	146

Pickett, Deets, Arrests of Drunks Cost \$35.00 Each	81
Prell, Kent, "I'm a Big Boy Now"	142
Preserving Standards (In Football)	105
Preventive Medicine and the Alcohol-Sick, Harry S. Warner	163
Reactions to "The Lost Week End," Daniel Brower	178
Recreation or Tavern: Which? Robert C. Boothe	39
Reeves, Lois Lee, They Tarry Long at the Wine	182
Ricks, James Hoge, Juvenile Delinquency	58
Roe, Anne, Does Alcohol Aid Creative Ability? Review	11
Romance of Alcohol, The	120
Seeking Freedom, Harry S. Warner	46
Social Health and Alcohol, Haven Emerson	131
Socially Conscious Citizens	101
Social Results of Family Bars, Samuel S. Wyer	78
Squires, Fred D. L., Economic Factors of the Alcohol Problem	21
Strecker, E. A., Mechanism of Escape, A	59
Student Guest Editorial Contest	34, 48, 66, 76, 90, 130
Student Reactions to "Lost Week End"	185
They Choose Tea, Edwin H. Maynard	180
They Tarry Long at the Wine, Lois Lee Reeves	182
Those at the Top, John Nuyeen, Jr.	157
Time for Straight Talk, Lewis Drucker	7
Trend in Alcoholic Culture, A	119
Unnecessary Drinking Scenes in Recent Films	139
Upper Class Cocktail Hour	110
Using Scientific Information to Aid Solution, Earl F. Zeigler	111
Vision, Education, Prevention, Steps in a Program	167
Warner, Harry S., Laying Foundations for Renewed Educational Advancement	99
Modern Approach to the Problem of Alcohol, A	67
Our Most Serious Alcohol Problem	146
Preventive Medicine and the Alcohol-Sick	163
Seeking Freedom	46
Trend in Alcoholic Culture, A	119
Wyer, Samuel S., Social Results of Family Bars	78
Yale Continues Leadership in Instruction on Alcohol	41
Yale Refresher of 1946	42
Zeigler, Earl F., All-Over Program of Education, An	15
Zeigler, Earl F., Using Scientific Information to Aid Solution	111

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(Continued on Page 192)

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